Vit. Eliz.

DELIGHTES
for Ladies, to adorne their Persons, Tables, closets, and distillatories:

WITH

Beauties, banquets, perfumes and Waters.

Reade, practise, and censure.

AT LONDON,
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To all true louers of Arte and knowledge.

SOmetimes I writ the formes of burning balles,
Supplying wants that were by woodfals wrought
Sometimes of tubs defended so by Arte,
As fire in vaine hath their destruction sought:
Sometimes I writ of lasting Beuerage,
Great Neptune *and his Pilgrims to content:*
Sometimes of foode, sweete, fresh, and durable,
To maintaine life when all things els were spent:
Sometimes I writ of sundrie sorts of soile,
Which neither Ceres *nor her handmaids knew,*
I writ to all, but scarsly one beleeues
Saue Diue *and* Denshire *who haue found the true*
When heauens did mourne in cloudy mantles clad,
And threatned famine to the sonnes of men:
When sobbing earth denide her kindly fruit
To painefull ploughman and his hindes, euen then
I writ reliefing remedies of dearth,
That Arte might helpe where nature made a faile:
But all in vaine these new borne babes of Arte,
In their vntimelie birth straight way do quaile.

Of theſe and ſuch like other newe found skils,
VVith painfull pen I whilome writ at large,
Expecting ſtill my Countries good therein,
And not reſpecting labour, time, or charge.
But now my pen and paper are perfum'd,
I ſcorne to write with Coppres or with galle,
Barbarian canes are now become my quils,
Roſewater is the inke I write withall:
Of ſweetes the ſweeteſt I will now commend,
To ſweeteſt creatures that the earth doth beare:
Theſe are the Saints to whom I ſacrifice
Preſernes and conſerues both of plum and peare.
Empalings now adew, tuſh marchpaine wals
Are ſtrong enough, and beſt befits our age:
Let piercing bullets turne to ſugar balls:
The Spaniſh feare is huſht and all their rage.
Of Marmelade and paſte of Genua,
Of muſked ſugars I intend to wright:
Of Leach, of Sucket, and Quidinia,
Affording to each Lady her delight.
I teach both fruits and flowers to preſerue,
And candie them, ſo Nutmegs, cloues and mace:
To make both marchpaine paſte, and ſugred plate,
And caſt the ſame in formes of ſweeteſt grace.
Each bird and fowle ſo moulded from the life,
And after caſt in ſweet compounds of arte,
As if the fleſh and forme which nature gaue,

Did

Did ſtill remaine in euerie lim and part.
When chryſta'l froſts haue nipt the tender grape,
And cleane conſum'd the fruits of euerie vine,
Yet here behold the cluſters freſh and faire,
Fed from the branch, or hang ng on the line,
The walnut, ſmall nut, and the Cheſnut ſweete,
Whoſe ſugred kernels looſe their pleaſing taſte,
Are here from yeere to yeere preſerued,
And made by Arte with ſtrongeſt fruites to laſt.
Th'artichoke, the apple of ſuch ſtrength,
The Quince, Pomegranate, with the Barberie,
No ſugar vs'd, yet colour, taſte, and ſmell,
Are here maintain'd and kept moſt naturally.
For Ladies cloſets and their ſtil'latories,
Both waters, ointments, and ſweet ſmelling bals,
In eaſie termes without affected ſpeech,
I heere preſent moſt ready at their calls.
And leaſt with careleſſe pen I ſhould omit,
The wrongs that nature on their perſons wrought,
Or parching ſunne with his hot firie rayes,
For theſe likewiſe, relieuing meanes I ſought.
No idle thoughts, nor vaine ſurmiſed skils,
By fancie framde within a theorique braine,
My muſe preſents vnto your ſacred eares,
To win your fauours falſly, I diſdaine.
From painfull practiſe, from experience,
A ſound though coſtly myſteries I deriue

With firy flames in ſcorching Vulcans *forge,*
To teaſt and fine each ſecret I do ſtriue :
Accept them well and let my wearied muſe
Repoſe her ſelfe in Ladies laps a while,
So when ſhee wakes, ſhe happely may record,
Her ſweeteſt dreames in ſome more pleaſing ſtile.

H. Plat.

a. preſerving, conſerving, candying &c. after this table

b. Secrets in diſtillation E.

c. cookerie and Huſwiferie F.

d. Sweete powders, ointments, beauties G. 8.

GOod Reader, for the vnderſtanding of this Table, know that a, b, c, d, *do giue directions vnto the foure ſeuerall parts or treatiſes of this Booke,* (a) *for the firſt, the reſt in their order.*

A

ÆNula Campana rootes preſerued. a,1
Almonds in Leach a,27
Almond butter to make a,57
Almonds into gelly a,58
Alliger diſtilled b,16
Apples kept drie all the yeare a,47
Aqua rubea. b,7
Aqua compoſita of D. Steuens b,8
Artichokes kept long. a,69

B

BAgs ſweet to lie amõgſt linnen. d,35
Ball to take out ſtaines d,3
Ball to waſh with d,8
Balme water. b,5
Beaumanger. c,11
Beefe roaſted kept long. c,18

Beefe powdered kept long without charge. c.19
Beefe freſh at the ſea. c.20
Beautie for the face. d.7.14
Bisket bread or French bisket. a.19
Bisket called prince bisket a.20
Bisket called biskettello. a.21
Bloud of hearbes. b.22
Borage candied. a.11
Botling of beere truly. c.27
Bottles muſtie helped, c.28
Bottle ale moſt excellent. c.32
Brawne to eat tender and delicat. c.13
Broome capers preſerued. a.37
Broyling without ſmoake. c.26
Bruſe helped. d.24
Butter taſting of ſpice or flowers. c.21

C

Cakes ſweete without ſpice or ſugar. a.60
Candying of flowers. a.9.53
Candying in rocke candie. a,33.42
Candying of Orenge pilles. a.35
Candles for Ladies tables. c.39
Candles hanging in the aire. c.40
Capers of broome preſerued. a.37
Capon boyled in white broth. c.5

Casting in sugar plate. a,13
Casting of sugar in partie moldes. a,43
Casting and molding of fruit. a,44.
Cheries preserued. a,8
Cherie pulpe kept dry all the yeere. a 45
Cheries dried in the sunne. a,46
Cheese extraordinarie. c,22
Chesnuts kept long. a,73
Chilblaines helped. d,15
Chine of veale or chicken boiled. c.10
Cinamon water. b,10
Collis white and like gellie. a,55
Comfits of all sorts. a,54
Conserue of Prunes or dãsons. a.50,52
Conserue of Strawberies. a,51
Cowcumbers preserued. a,36
Cowslep paste. a,40
Cowslip water or vineger of the colour of the cowslep. c.34
Crayfish kept long. c.31
Creame clowted c.23

D

DAmaske powder. d,1,9
Damsons in marmelade. a,31
Damson pulpe kept all the yeare. a,45
Damsons in conserue. a,50,52
Dentifrises for the teeth. d,26

Distillation of hearbes in a new maner. b,12
Drying of fruits in the sun a,46

E

EGlantine water b,20
Eringo rootes preserued. a,1
Extract of vegetables. b,19

F

FAce spotted or freckled to help. d,6 23
Face made faire d,7.14
Face full of heat helped. d,11,16 17,18,19,20,21
Face kept white and cleere d,12
Fish into paste c,14
Fish fried kept long c,17
Flesh kept sweete in summer c,24
Flies kept from oile peeces c,30
Flounder boyled on the french fashion c,33
Flowers preserued a,7
Flowers candied a,9,11
Flowers in rocke candie. a,42

Flowers dried without wrinkling a,63
Fruit preſerued a,8
Fruit how to molde and caſt a,44
Fruit kept drie all the yeare. a,45,46.47
Fruit kept long freſh. a,70

G

Gellie chryſtalline a,26
Gelly of fruits a,29
Gelly of Almonds a,58
Gilloflowers kept long a,61
Gillowflowers preſerued a,7
Gilloflower water b,20
Gingerbread a,22
Gingerbread drie a,23
Ginger in rocke candie a,35.42
Ginger greene in ſirup a,49
Ginger candied a,53
Gloues to perfume d,34
Gooſeberies preſerued a,8
Grapes growing all the yeere a,62
Grapes kept till Eaſter a,64

H

Handwater excellent d,2,28
Hands ſtained to helpe. d,5

Hands freckled to helpe. d,6
Handwater of Scotland b,21
Haſell nuts kept long a,72
Haire blacke altered d,30,37
Haire made yellow. d,36
Hearbs diſtilled in a new maner. b,11
Hearbs to yeeld ſalt b,12
Hearbs to yeeld bloud b,22.
Honey to yeeld ſpirit b,13

I.

IRiſh Aqua vitæ b,9
Iſop diſtilled in a new maner b,11
Iuice of Orenges or lemmons kept all the yeare. c,35
Iumbolds to make a,16

L

LArkes to boile c,4
Lauender diſtilled in a new maner. b 11
Leach of almonds a 27
Leach a,59
Leg of mutton boiled after the French faſhion c,7

Lemmons in Marmelade a,41
Lemmon moulded and caſt a,44
Lemmon iuyce kept all the yeere c,35
Lettuce in ſucket a,32
Liquerice paſte a,40
Lobſters kept long c,31

M

Mace in rocke candie a,42
Mallard to boile c,6
Marchpaine paſte a,12,18
Marigolds preſerued a,7
Marigolds candied a,9,11
Marigold paſte a,40
Marmelade of Quinces or Damſons, a,38
Marmelade of Lemmons of Orenges. a,41
May deaw clarified d,33
Morphew helped d,21,22
Mulberies in gellie a,29
Muske ſugar a,2
Muſtard meale c,25
Muſtineſſe helped or preuented in waters b,24

Nutmegs

N

NVtmegs in rocke candie. a,33,42
Nutmegs candied a,53
Nuts molded and caſt off a,44
Nuts kept long a,72

O

ORenges preſerued. a,34
Orenge pilles candied a,35
Orenges in marmelade a,41
Orenge molded and caſt off a,44
Orenge iuice kept all the yeere c,35
Oiſters kept long. c.15

P

PAſte of flowers a,14,40
Paſte of Nouie a,15
Paſte to keepe one moiſt a,17
Paſte called puſt paſte a,24
Paſte ſhort without butter a,25
Paſte of Genua of Quinces a,30
Paſte of fiſh c,14
Peare molded and caſt off a,44

Peares kept drie a,47
Perfumes delicate, and ſodainly made. d,31
Perfuming of gloues d,34
Pickerel boiled on ỹ french faſhiõ. c,3
Pigeons of ſugar paſte a,10
Pigeons boiled with Rice c,9
Pig to ſowſe c,1,2
Pigs petitoes boiled after the French faſhion c,8
Plums preſerued a,8
Plums dried in the ſunne a,46
Pomander to make d,4
Pomander renewed d,32
Pomatũ moſt excellẽt for the face. d,13
Pomgranats kept long a,68
Preſeruing of Roots a,1
Preſeruing of cowcumbers a,36
Prunes in conſerue a,50,52
Pulpe of fruit kept all the yeare. a,45

Q

QVidinia of Quinces a,28
Quinces into paſte of Genua. a,30
Quinces in marmelade, a,31
Quinces kept drie all the yeare. a,47

Quinces kept long. a,67

R

Rabbets of ſugar paſte. a,10
Raſpices in gellie. a,29
Rootes preſerued, a,1
Rootes candied a,53
Roſa ſolis to make b,6
Roſemarie flowers candied a,9
Roſeleaues to drie a,3,6
Roſe ſirup, a,5
Roſes preſerued a,7
Roſes and Roſe leaues candied. a,9,11
Roſe paſte a,40
Roſes kept long. a,61
Roſe leaues dried without wrinckles. a,63
Roſewater diſtilled at Michaelmas. b,14
Roſewater diſtilled in a ſpeedy manner. b,15
Roſes to yeeld a ſpirit b,17
Roſewater moſt excellent b,18
Roſewater, and yet the Roſeleaues not diſcoloured. b,23
Roſewater and oyle drawne together. b.25

Roſe-

Rosewater of the colour of the Rose. c,34
Rose vineger of the colour of the Rose. c,34
Rose vineger made in a newe manner. c,41

S

SAlet oile purified and graced in taste and smell. c,36
Salmon kept long fresh c,16
Salt of hearbs b,12
Salt delicate for the Table c,38
Sawsedges of Polonia c,12
Sirup of Violets a,4
Sirup of Roses a,5
Sparrowes to boile. c,4
Spirit of wine extraordinarie b,1
Spirit of wine ordinarie b,2
Spirits of Spices b,3
Spirit of wine tasting of any vegetable. b,4
Spirit of honey b,13
Spirit of hearbs and flowers b,17
Skin white and cleare d,2
Sunburning helped d,22

Stoue to ſweate in, d,27
Strawberies in gellie a,29
Strawberies in cõſerue a,51
Sucket of Lettuce ſtalkes a,32
Sucket of greene walnuts a,49
Sugar musked a,2
Sugar paſte for foule a,10
Sugar plate to caſt in a,13
Sugar plate of flowers a,14
Sugar plate to colour a,38
Sugar caſt in partie molds a,43
Sugar ſmelling and taſting of the cloue or cynamon. a,71

T

TEale to boile c,6
Teeth kept white and ſound d,10
25,26
Time diſtilled in a new maner b,11
Troſſes for the ſea a,39

V

VIneger diſtilled b,16
Vineger to clarifie c,37
Violet ſirup. a,4

Violet paſte a,40,14
Violet water or vineger of the colour of the violet c,34
Vſquebath b,9

VV

WAfers to make a,56
Walnuts in ſucket a,49
Walnuts kept freſh long a,55.66
Wardens kept drie all the yeare. a,47
Waſhing water ſweete. b,21,d,2,28,29
Whites of egges broken ſpeedily. c,29
Wigin to boyle c,6
Wine taſting of wormwood made ſpeedily. c,33

Y

Ytch helped. d,25. 21.

FINIS.

The Arte of preſeruing, conſeruing, candying, &c.

1. *How to preſerue Eringo roots, Aenula Campana, and ſo of others in the ſame manner*

Seeth them til they be tender, then take away the piths of thē, and leaue them in a colāder til they haue dropped as much as they will, thē hauing a thin ſirup ready, put thē being cold into the ſirup being alſo colde, and let them ſtand ſo three dayes, then boyle the ſirup (adding ſome more freſh ſirup vnto it to ſupply that which the roots haue drunk vp) a little higher, and at three dayes end boyle the ſirup againe without anie new addition, vnto the full height of a preſeruing ſirup, and put in your roots, and ſo keepe them. Rootes preſerued

preſerued in this maner will eate verie tender, becauſe they neuer boiled in the ſirup.

2. *How to make muske ſugar of common ſugar.*

BRuſe 4 or 6. graines of muske, place them in a peece of ſarcenet, fine lawne or cambricke doubled, lay this in the bottome of a gallie pot, ſtraining your Sugar thereon, ſtop your pot cloſe, and all the ſugar in a fewe dayes will both ſent and taſte of muske, and when you haue ſpent that ſugar, you may lay more ſugar thereon, which will alſo receiue the like impreſsion. Such muske ſugar is ſold for two ſhillings the pound.

3. *How to drie Roſe leaues in a moſt excellent maner.*

WHen you haue newly taken out your breade, then put in

in your Roſes in a ſieue firſt clipping away the whites, that they may be all of one colour, lay them about one inch in thickneſſe in the ſieue, & when they haue ſtood halfe an houre or therabout they will growe whitiſh on the top, let them yet remaine without ſtirring till the vppermoſt of them be fully dried, then ſtir thē together, and leaue them about one other halfe houre, and if you finde them drie in the top, ſtir them together againe, & ſo continue this worke vntill they bee throughly dried, then put them hote as they are into an earthen pot hauing a narrow mouth, and being wel leaded within, (the Refiners of gold and ſiluer, call theſe pottes hookers) ſtop it with corke, and wet parchment, or with Waxe and Roſen mixed together, and hang your pot in a chimney or neere a continuall fire, & ſo they will keep exceeding faire in color & moſt delicate

eate in ſente. And if you feare their relenting, take the Roſe-leaues about Candlemas, and put them once again into a ſieue ſtirring them vp and downe often til they be drie, and then put them vp againe hote into your potte. Note that you muſt ſet vp your ouen lidde, but not lute it about when you ſet in your Roſeleaues, either the firſt or ſecond time. *poſt. numero 6.*

4. A moſt excellent ſirup of Violets, both in taſte and tincture.

EXpreſſe the iuice of clipt Violets, & to three parts of iuice take one fourth parte of conduit water, put the ſame into an Alablaſter morter, with the leaues vvhich you haue ſtamped, and wring the ſame out through a cloth, as you did at the firſt into the other iuice, put thereto a ſufficient proportion of the fineſt ſugar

ger and brought also into a most fine powder, let the same stand 10. or 12. houres in a cleane glased earthen pan, then draine away the cleerest, and put it into a glasse, and put thereto a fewe drops of the iuice of Lemmons, and it will become cleare, transparent, and of the violet colour. Then you may expresse more iuice into the sugar, which will settle in the bottome, with some of the thickest part of the iuyce: and heating the same vpon a gentle fire, it will also becom a good sirup of violets, but not comparable to the first. By this manner of worke you gaine one quarter of sirup more then diuers Apothecaries doe.

5. *A singular manner of making the sirup of Roses.*

FILL a siluer bason three quarters full of raine water, or rose-water, put therein a conuenient

proportion of Roſe leaues, couer the baſon and ſet it vpon a pot of hote water (as wee vſually bake a Cuſtard) in three quarters of an houre, or one whole houre at the moſt, you ſhall purchaſe the whole ſtrength and tincture of the Roſe, then take out thoſe leaues, wringing out all their liquor gently, and ſteepe more freſhe leaues in the ſame water, continue this iteration ſeuen times, and then make it vp in a ſirup, & this ſirup worketh more kindely then that which is made meerely of the iuyce of the Roſe. You may make ſundry other ſirups in this manner. *Quære* of hanging a pewter heade ouer the baſon, if the aſcending water will be worth the keeping.

6. Another way for the drying of Roſe-leaues.

DRie them in the heat of a hot ſunnie daye vppon a Leades, turning

turning them vp and downe till they be drie (as they doe haie) thē put them vp into glaſſes well ſtopt and luted, keeping your glaſſes in warme places, and thus you may keepe all flowers: but hearbs after they are dryed in this manner, are beſt kept in paper bags, placing the bags in cloſe Cupboards.

7. *How to preſerue whole Roſes, Gilloflowers, Marigolds, &c.*

DIp a Roſe that is neither in the bud nor ouerblowne, in a ſirrup, conſiſting of ſugar double refined, and Roſewater boiled to his true height, then open the leaues one by one, with a fine ſmooth bodkin either of bone or wood, and preſently if it be a hot ſunnie day, and whileſt the ſunne is in ſome good height, lay them on papers in the ſunne, or elſe

drie them with some gentle heate in a close roome, heating ỳ roome before you set them in, or in an Ouen vpon papers, in pewter dishes, & then put them vp in glasses and keepe them in drie cupbords neere the fire. You must take out the seedes if you meane to eate them. You may proue this, preseruing with sugar candie, in stead of sugar if you please.

8. *The most kindly waye to preserue plums, cherries, gooseberies, &c.*

YOu must first purchase some reasonable quantitie of their owne iuice, with a gentle heate vpon imbers between two dishes, diuiding the iuice still as it commeth in the stewing, then boyle each fruit in his owne iuice, with a conuenient proportion of the best refined sugar.

9. How

9, *How to candie Roſemarie flowers. Roſe leaues, Roſes, Marigolds, &c. with preſeruation of colour.*

DIſſolue refined, or double refined ſugar, or ſugar candy it ſelfe in a little Roſewater, boyle it to a reaſonable hight, put in your rootes or flowers when your ſirup is either fully cold, or almoſt cold, let them reſt therein till the ſirup haue pearced them ſufficientlie, then take out your flowers with a skimmer, ſuffering the looſe ſirup to run from them as longe as it will, boyl that ſirup a little more and put in more flowers as before, diuide them alſo, then boyle all the ſirup which remaineth and is not drunke vp in the flowers, to the height of *manus Chriſti*, putting in more ſugar if you ſee cauſe, but no more Roſewater, put your flowers therein vvhen your ſirup is cold or almoſt cold, and let them ſtand till they candie.

10. *A moſt delicate and ſtiffe ſugar paſte whereof to caſt Rabbets, Pigeons, or any other little birde or beaſt, either from the liſe or carued molds.*

FIrſt diſſolue Iſinglaſſe in faire water or with ſome Roſewater in the latter ende, then beate blanched almonds as you woulde for marchpane ſtuffe, and drawe the ſame with creame, and Roſewater (milke will ſerue, but creame is more delicate) then put therein ſome powdered ſugar, into which you may diſſolue your Iſinglaſſe beeing firſt made into gellie, in faire warme water) note, the more Iſinglaſſe you put therein, the ſtiffer your worke will prooue) then hauing your rabbets, woodcocke, &c. molded either in plaiſter from life, or elſe carued in wood (firſt annointing your wodden moldes with oyle of ſweete almonds, and your plaiſter or ſtone moldes with bar-

barrowes greaſe) poure your ſugar-paſte thereon. A quarte of creame, a quarterne of almonds, 2. ounces of Iſinglaſſe, and 4. or 6. ounces of ſugar, is a reaſonable good proportion for this ſtuffe. *Quære* of moulding your Birdes, Rabbets, &c. in the compounde wax mentioned in my *Iewel houſe*, in the title of the *arte of moulding & caſting, pag.* 60. For ſo your moulds will laſt long. You may dredge ouer your foule with crũs of bread, cinamon and ſugar boyled together, and ſo they wil ſeem as if they were roſted and breaded. Leach & gelly may be caſt in this manner. This paſte you may alſo driue with a fine rowling pin, as ſmooth & as thin as you pleaſe; it laſteth not long, & therefore it muſt be eaten within a fewe dayes after the making thereof. By this meanes a bãquet may be preſented in the form of a ſupper, beeing a verie rare and ſtrange deuiſe.

11. *To candie Marigold, Roſes, Borage, or Roſemary flowers.*

BOyle Sugar and Roſewater a little vpon a chafing diſh with coales, then put the flowers (being throughly dryed, either by the ſunne or on the fire) into the ſugar, and boyle them a little, then ſtrewe the powder of double refined ſugar vpon them, and turne them, and let them boyle a little longer, taking the diſh from the fire, then ſtrew more powdred ſugar on the contrarie ſide of the flower. Theſe will drie of themſelues in two or three houres in a hote ſunny day, thogh they ly not in the ſunne.

12. *To make an excellent Marchpane paſte, to print off in molds for banqueting diſhes.*

TAke to euerie Iordan almond blanched, three ſpoonfuls of

the

the whiteſt refined ſugar you can get, ſearce your ſugar, and now and then as you ſee cauſe put in 2. or three drops of damaske Roſe-water, beate the ſame in a ſmooth ſtone morter, with great labor, vntill you haue brought it into a dry ſtiffe paſte, one quarterne of ſugar is ſufficient to worke at once.

Make your paſte into little bals, euerie ball containing ſo much by eſtimatiō as will couer your mold or printe, then rowle the ſame w a rowling pin, vppon a ſheete of cleane paper without ſtrewing anie powdered ſugar either vpon your paſte or paper. There is a countrie Gentlewoman whome I could name, which venteth great ſtore of ſugar cakes made of this compoſition. But the onely fault which I finde in this paſte is, that it taſteth too much of the ſugar, and too little of the almonds, and therefore you may proue the making thereof with ſuch almonds,

which haue had some part of their oyle taken from them by expression, before you incorporate thē with the sugar, and so happely you may mixe a greater quantitie of them with the sugar, because they are not so oily as the other. You may mixe cinamon or ginger in your paste, & that will both grace the taste, and alter the colour; but the spice must passe through a fair searce: you may steepe your almonds in colde water all night, & so blanch them colde, and being blanched, drie them in a sieue ouer the fire. Here the garble of almonds will make a cheap paste.

13. *The making of sugar-plate, and casting thereof in carued moldes.*

TAke one pound of the whitest refined or double refined sugar, if you can get it, put thereto three ounces (some cōfit-makers, put

put 6. ounces for more gaine) of the beſt ſtarch you can buy, and if you dry the ſugar after it is poudred, it will the ſooner paſſe thorough your lawne ſearee: then ſearce it & lay the ſame on a heape in the midſt of a ſheet of clean paper: in the middle of which maſſe, put a pretie lump of the bignes of a walnut of gum dragagant, firſt ſteeped in Roſewater one night; a porenger ful of roſewater is ſufficient to diſſolue one ounce of gũ (which muſt firſt bee well picked, leauing out the droſſe) remember to ſtraine the gumme through a canuas, then hauing mixed ſom of the white of an egge with your ſtrained gum, temper it with the ſugar betwixt your fingers by little and little, til you haue wrought vpp all the ſugar and the gumme together into a ſtiffe paſte, and in the tempring let there be alwaies ſome of the ſugar betweene your fingers and the gumme, then duſt your

your wodden moulds a little with ſome of that powdered ſugar thorough a peece of Lawne or fine linnen cloath, and hauing driuen out with your rowling pin a ſufficient portion of your paſte to a cõueniẽt thicknes, couer your mold therewith, preſſing the ſame down into euery hollow parte of your molde with your fingers, & when it hath taken the whole impreſſion, knocke the mold on the edge againſt a table, and the paſte will iſſue forth with the impreſſion of the molde vpon it: or if the molde be deepe cut, you may put in the pointe of your knife gently into the deepeſt parts heere and there, lifting vpp by little and little the paſte out of the molde. And if in the making of this paſte, you happen to put in too much gum, you may put more ſugar thereto, and if too much ſugar, thẽ more gum: you muſt alſo worke this paſte into your molds, as ſpeedily as you can,

can after it is once made, and before it harden, and if it growe ſo harde that it cracke, mixe more gum therwith. Cut away with your knife from the edges of your paſte all thoſe peeces which haue no parte of the worke vpon them, and worke thē vp with the paſte which remaineth; and if you will make ſawcers, diſhes, boawls, &c. then (hauing firſt driuen out your paſte vpon paper, firſt dufted ouer with ſugar to a conuenient largeneſſe and thickneſſe) put the paſte into ſome ſaucer, diſh, or boawle of a good faſhion, and with your finger preſſe it gently downe to the inſides thereof, till it reſemble the ſhape of the diſh, then pare away the edges with a knife, euen with the skirt of your diſh, or ſawcer, and ſet it againſt the fire till it bee drie on the inſide, thē with a knife get it out as they vſe to doe a diſh of butter, and drie the backſide; then guilde it on the edges with the

the white of an egge laide round about the brim of the diſh with a penfill, and preſſe the gold downe with ſome cotton, and when it is dry skew or bruſh off the golde with the foote of an Hare or Conie. And if you woulde haue your paſt exceeding ſmooth, as to make cardes and ſuch like conceiptes thereof, then roule your paſte vpon a ſliked paper with a ſmooth & poliſhed rowling pin.

14. *A way to make ſugar-plate both of colour and taſte of any flower.*

TAke Violets and beat them in a mortar with a little hard ſugar, then put into it a ſufficient quantitie of Roſewater, then lay your gum in ſteepe in the water, & ſo worke it into paſte, & ſo wil your paſte be both of the colour of the violet, and of the ſmell of the violet. In like ſort may you work with Marigolds, Cowſlips, Primroſes, Bugloſſe or any other flower.

To

15. To make paste of Nouie.

TAke a quarter of a pounde of Valentian almonds, otherwise called the small almonds or Barbarie almonds, and beate them in a mortar til they come to paste, then take stale Manchet beeing grated, and drie it before the fire in a dish, then sift it, then beat it with your almondes, put in the beating of it a litle cinamon, ginger and the iuyce of a Lemmon, & when it is beaten to perfit paste, printe it wth your moldes, & so dry it in an ouen after you haue drawn out your bread: this paste will last all the yeare.

16. To make Iumbolds.

TAke halfe a pound of almonds beeing beaten to paste with a short cake beeing grated, & 2. egs, 2. ounces of caroway seeds, being beaten

beaten, and the iuice of a Lemmon, & beeing brought into paſte roule it into round ſtrings, then caſte it into knots, and ſo bake it in an ouen, and when they are baked, yce them with Roſewater and ſugar, and the white of an egge beeing beaten together, then take a feather and guilde them, thē put them againe into the Ouen, and let them ſtande in a little while, and they will be yced cleane ouer with a white yce, and ſo box them vp, and you may keep them all the yeere.

17. *To make a paſte to keepe you moiſt, if you liſt not to drinke oft, which Ladies vſe to carrie with them whē they ride abroad.*

TAke halfe a pound of damaske prunes & a quartern of dates, ſtone them both, and beate them in a mortar with one warden beeing roſted, or elſe a ſlice of olde marme-

marmelade and ſo print it in your moldes, and drie it after you haue drawne bread, put ginger vnto it, and you may ſerue it in at a banquet.

18. To make a Marchpane.

TAke two poundes of Almonds being blanched and dryed in a ſieue ouer the fire, beate them in a ſtone mortar, and when they bee ſmall mixe with them two pounde of ſugar beeing finely beaten, adding two or three ſpoonefulls of Roſewater, and that will keep your almonds frō oiling: whē your paſte is beaten fine, driue it thin with a rowling pin, and ſo lay it on a bottome of wafers, then raiſe vp a little edge on the ſide, & ſo bake it, then yce it with Roſewater and ſugar, then put it into the ouen againe, and when you ſee your yee is riſen vp and drie, then take it out of the Ouen and garniſh it with

with pretie conceipts, as birdes & beasts being cast out of standing moldes. Sticke long cõfits vpright in it, cast bisket and carowaies in it, and so serue it; guild it before you serue it: you may also print of this Marchpane paste in your molds for banqueting dishes. And of this paste our comfit makers at this day make their letters, knots, Armes, escocheons, beasts, birds, & other fancies.

19. To make bisket bread, otherwise called french bisket.

TAke halfe a pecke of fine flower, two ounces of Coriander seedes, one ounce of annis seedes, the whites of foure egges, halfe a pinte of Ale yeast, and as much water as will make it vp into stiffe past, your water must be but blood warme, then bake it in a long roll as big as your thigh, let it stay in the ouen but one houre, and when it

it is a daye olde, pare it and ſlice it ouerthwart, thē ſugar it ouer with fine poudred ſugar, and ſo drie it in an ouen again, and being drye, take it out and ſugar it again, then boxe it, and ſo you may keepe it all the yeare.

20. To *make prince biſket.*

TAke one pounde of verie fine flower, and one pounde of fine ſugar, and eight egges, and two ſpoonfuls of Roſewater, and one ounce of carroway ſeeds, and beat it all to batter one whole hour, for the more you beat it, the better your bread is, then bake it in coffins of white plate, beeing baſted with a little butter before you put in your batter, and ſo keepe it.

21. *To make another kinde of biſket, called biſkettello.*

TAke halfe an ounce of gumme Dragagant, diſſolue it in Roſe-

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Roſewater with the iuice of a lemmon and two graines of muske, then ſtraine it through a faire linnen cloth with the white of an egg, then take halfe a pound of fine ſugar being beaten, and one ounce of carroway ſeedes, beeing alſo beaten and ſearced, and then beat them altogether in a mortar till they come to paſte, then rol them vp in ſmall loaues about the bignes of a ſmall egge, put vnder the bottome of euerie one, a peece of a wafer, and ſo bake them in an Ouen vpon a ſheete of paper, cut the on the ſides as you do a manchet, and pricke them in the middeſt: when you break them vp, they will bee hollow and full of eyes.

22. *To make Gingerbread.*

TAke three ſtale manchets and grate them, drie them, and ſift them through a fine ſieue, then adde

ad vnto them one ounce of ginger being beaten, and as much Cinamon, one ounce of liquerice & anniſeedes beeing beaten together and ſearced, halfe a pound of ſugar, then boile all theſe together in a poſnet, with a quart of claret wine till they come to a ſtiffe paſte with often ſtirring of it; and when it is ſtiffe, molde it on a table and ſo driue it thin, & print it in your moldes, duſt your moldes with Cinamon, Ginger, and liquerice, being mixed together in fine powder. This is your Gingerbread vſed at the Court, and in all gentlemens houſes at feſtiuall times. It is otherwiſe called drie Leach.

23. To make drie Gingerbread.

TAke halfe a pound of almonds and as much grated cake, and a pounde of fine ſugar, and the yolke of two newe laid egges, the

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iuyce of a Lemmon, and a graines of muske, beate all theſe together till they come to a paſte, then print it with your molds, and ſo dry it vpon papers in an ouen after your bread is drawne.

24. To make puffe paſte.

TAke a quart of the fineſt flower and the whites of three egges, and the yolkes of two, and a little colde water, and ſo make it into perfect paſte, then driue it with a rouling pin abroade, then put on ſmall peeces of butter as big as Nuts vppon it, then folde it ouer, then driue it abroade againe, then put ſmall peeces of butter vpon it as you did before, doe this tenne times, alwaies folding the paſte and putting butter betweene euerie folde. You may conuey anie prettie forced diſh, as Florentine, Cherry tarte, rice, or pippins, &c. betweene two ſheets of that paſte.

To

25. *To make paſte ſhort without butter.*

TAke a quart of fine flower, and put it into a pipken, and bake it in an ouen when you bake manchet, then take the yolkes of 2. or three egs, and a pint of creame, & make paſte, put it into two ounces of ſugar beeing finely beaten, and ſo you ſhall make your paſte ſhort without butter or ſewet. In like ſort when you make ſugar cakes bake your flower firſt.

26. *To make cryſtall gelly.*

TAke a knockle of veale, and two calues feete (your calues feete beeing flayed & ſcalded) and boile them in faire ſpring water, and when they are boyled readie to eate, you may ſaue your fleſh & not boyle it to peeces, for if you doe ſo, the gelly will looke thicke, then take a quart of the cleereſt of

of the ſame broth, and put it into a poſnet, adding thereunto ginger, white pepper, 6. whole cloues, one nutmeg quartered, one grain of muske, put all theſe whole ſpices in a little bag, and boyle them in your gelly, ſeaſon it with foure ounces of ſugar candie, and three ſpooneſuls of Roſewater, ſo let it run through your gelly bag, and if you meane to haue it looke of an amber colour, bruiſe your ſpices, and let them boyle in your gelly looſe.

27. *To make Leach of Almonds.*

TAke halfe a pounde of ſweete Almonds, and beate them in a mortar, then ſtraine them with a pinte of ſweete milke from the Cow, then put vnto it one graine of muske, two ſpoonſuls of Roſewater, two ounces of fine ſugar, the waight of three whole ſhillings of Iſinglaſſe that is verie white, and

and ſo boyle them, then let all run through a ſtrainer, then may you ſlice the ſame and ſo ſerue it.

28. To make Quidini of Quinces.

TAke the kernells out of eight great Quinces, and boyle them in a quarte of ſpring water, till it come to a pinte, then put into it a quarter of a pinte of Roſewater, and one pound of fine ſugar, and ſo let it boyle till you ſee it come to be of a deepe colour: then take a drop, and drop it on the bottom of a ſawcer, and if it ſtand, take it off, then let it run through a gelly bagge into a baſon, then ſet on your baſon vpon a chafing diſh of coales to keepe it warme, then take a ſpoone, and fill your boxes as ful as you pleaſe, and when they bee colde couer them: and if you pleaſe to printe it in moldes, you muſt haue molds made to the bigneſſe of your boxe, and wet your

molds with Rosewater, and so let it run into your mold, and when it is colde turne it off into your boxes. If you wette your moldes with water, your gelly will fall out of them.

29. *To make gelly of Strawberies, Mulberies, Raspisberies, or any such tender fruite.*

TAke your beries and grinde them in an Alablaster mortar with foure ounces of sugar and a quarter of a pinte of faire water, and as much Rosewater, and so boile it in a posnet with a little peece of Isinglas, and so let it run through a fine cloth into your boxes, and so you may keepe it all the yeare.

30. *To make paste of Genua of Quinces.*

TAke Quinces and pare them, and cut them in slices, & bake them

them in an ouen dry in an earthen pot without any other iuyce then their owne, then take one pound thereof, ſtraine it, and put it into a ſtone mortar with halfe a pounde of ſugar, and when you haue beate it vp to paſte, print it in your molds and dry it three or foure times in an ouen after you haue drawne bread, & when it is throughly drie and hardened, you may boxe it, & it will keepe all the yeere.

31. *To make marmelade of Quinces or Damſons.*

WHen you haue boyled your Quinces or Damſons ſufficiently, ſtraine them; then dry the pulpe in a pan on the fire, and when you ſee there is no water in it, but that it beginneth to bee ſtiffe, then mixe two pound of ſugar with 3. poũd of pulp, this marmelade will be white marmelade: and if you will haue it looke with

with an high colour, put your ſugar and your pulpe together, ſo ſoone as your pulpe is drawne, and let them both boile together, and ſo it will looke of the colour of ordinarie marmelade, like vnto a ſtewed warden, but if you dry your pulpe firſt, it will looke white and take leſſe ſugar: you ſhall knowe when it is thicke enough, by putting a little into a ſawcer, letting it coole before you box it.

32. To *make ſucket of Lettuce ſtalkes.*

TAke Lettuce ſtalkes, and pill away the outſide, then perboile them in faire water, then let them ſtand all night drie, then take halfe a pinte of the ſame liquour; and a quarter of a pinte of Roſewater, and ſo boyle it to ſirrup, and when your ſirup is betwixt hot & cold, put in your aforeſaid rootes, and let them ſtand all night in your ſirrup to make them take ſugar, and then

then the next day your ſirup will be weake againe, then boyle it again, and take out your rootes. In the like ſorte may you keepe Orenge pilles, or greene walnuts, or anie thing that hath the bitternes firſt taken from it, by boyling i nwater

33. To *candie nutmegs or ginger, with an hard rocke candie.*

TAke one pounde of fine ſugar, and eight ſpooneſuls of Roſe-water, and the waight of 6. pence of Gum Arabique, that is cleere, boyle them together to ſuch an height, as that droping ſome ther-of out of a ſpoone, the ſirup doe rope and run into the ſmalnes of an haire, then put it into an ear-then pipken, wherein place your nutmegs, ginger, or ſuch like, then ſtop it cloſe with a ſaucer, and lute it well with clay, that no aire may enter, then keep it in a hote place three weekes, and it will candie

hard. You muſt breake your pot with an hammer, for otherwiſe you cannot get out your candie. You may alſo candy Orenges, or Lemmons in like ſort if you pleaſe.

34. To preſerue Orenges after the Portugall faſhion.

TAke Orenges & coare them on the ſide and lay them in water, then boile them in fair water til they be tender, ſhift them in the boyling to take away their bitterneſſe, then take ſugar and boyle it to the height of ſirup as much as will couer them, and ſo put your Orenges into it, and that will make them take ſugar. If you haue 24. Orenges, beate 8. of them till they come to paſte with a pounde of fine ſugar, then fill euery one of the other Orenges with the ſame, and ſo boile them again in your ſirup: then there will be marmelade of orenges within your orenges, & it wil cut like an hard egge.

35 To

35. To candie Orenge pilles.

TAke your Orenge pilles after they be preſerued, then take fine ſugar and Roſewater, & boile it to the height of *Manus Chriſti*, then drawe through your ſugar, then lay them on the bottome of a ſieue, and dry them in an ouen after you haue drawne bread, and they will be candied.

36. To preſerue Cowcumbers all the yeere.

TAke a gallon of faire water, & a pottle of veriuice, and a pint of bay ſalt, and a handfull of green fennell or Dill: boyle it a little, and when it is cold put it into a barrel, and then put your Cowcumbers into that pickle, and you ſhal keep them all the yeere.

37. *To preſerue broome capers all the yeare.*

BOyle a quart of Veriuice and an handfull of baye ſalte, and therein you may keepe them all the yeare.

38. *To colour ſugar p'ate with ſeuerall colours.*

YOu may mixe Roſet with your fine ſacred ſugar vntill the colour pleaſe you, and ſo ſhall you haue a faire murrey colour. Sapgreene muſt be tempred in a little Roſewater, hauing ſome gumme firſt diſſolued therein, and ſo laye it on with a penſill vpon your paſte in apt places. With ſaffron you may make a yellow colour in the like manner, firſt drying and powdering your ſaffron, and after it hath coloured the Roſewater ſufficientlie, by ſtrayning it through fine linnen. The powder of Cinamon,

mon maketh a walnut colour, and ginger and Cinamon together a lighter colour.

39. To make troſſes for the ſea.

FIrſt make paſte of ſugar & gum Dragagant mixed together, thē mixe therewith a reaſonable quātity of the powder of Cinamon & ginger, and if you pleaſe a little muske alſo, and make it vpp into rols of ſeuerall faſhions, gilding them heere and there. In the ſame manner you may alſo conuey any purgatiue, vomit, or other medicine into ſugar paſte.

40. To make paſte of Violets, Roſes, Marigolds, Cowſlips, or liquerice.

SHred, or rather powder the dry leaues of your flower: putting thereunto ſome fine powder of Ginger, Cinamon, and a little muske if you pleaſe, mixe them all

confuſedly together, then diſſolue ſome ſugar in Roſewater, and being boyled a little, put ſome ſaffron therein, if you worke vpon Marigolds, or elſe you may leaue out your ſaffron, boyle it on the fire vnto a ſufficient height, you muſt alſo mixe therewith the pap of a roaſted apple being firſt well dried in a diſhe ouer a chafing diſh of coales, then poure it vpon a trencher, beeing firſt ſprinkled ouer with Roſewater, and with a knife worke the paſte together. Then breake ſome ſugar candy ſmall, but not to powder, and with gumme dragagant, faſten it heere and there to make it ſeeme as if it were roch candied, cut the paſte into peeces of what faſhiō you liſt with a knife firſt wet in Roſewater. In licorice paſte you muſt leaue out the pap of the pippin, and then worke your paſte into drie rolles. Remember to ſearce the liquorice through a fine ſearce. Theſe rolles

are

are very good againſt any cough or colde.

41. *To make Marmelade of Lemmons or Orenges.*

TAke ten lemmons or orenges & boyle them with halfa dozē pippins, & ſo drawe them throgh a ſtrainer, then take ſo much ſugar as the pulp doth wey, & boyle it as you doe Marmelade of Quinces, and then box it vp.

42. *How to candie Nutmegs, Ginger, Mace, & flowers, in halfe a day with hard or roch candie.*

LAy your Nutmegs in ſteepe in common Lee made with ordinarie aſhes 24. houres; take them out and boyle them in faire water till they be tender, and to take out the Lee: then drie them and make a ſirup of double refined ſugar and a little Roſewater to the height of

of a *manus Christi*, place this sirrup in a gentle balneo, or some small heate, putting your Nutmegs into the sirup. Note that you must skim the sugar as it casteth ame skumme, before you put in your Nutmegs, then hauing sugar candie first bruised grossely, and searced through colanders of seuerall bignesse, take the smallest thereof, and roule your Nutmegs vp and downe therein, either in a dish or vpon clean paper, then stoue your Nutmegges in a cupboard with a chafing dish of coales, which must be made hote of purpose before you set them in: and when they are drie enough, dip them againe in fresh sirup boyled to his height as before; and roule them in the grosser sugarcandie, & then stoue them againe till they be hard, and so the thirde time if you will increase their candie. Note that you must spend all the sugar which you dissolue at one time with candying

dying of one thing or other therein preſently: the ſtronger that your lee is, the better; & the nutmeg, ginger, &c. would ly in ſteep in the lee, 10, or 12, daies, and after in the ſirup of ſugar in a ſtoue or Cupboarde with a chafing diſh and coales one whole weeke, and then you may candie them ſuddenly, as before. Flowers and fruits are done preſently without anie ſuch ſteeping or ſtouing as before: onely they muſt bee put into the ſtoue after they are coated with your powdered ſugar candie: and thoſe flowers of fruits as they are ſodainely done, ſo they will not laſt aboue two or three daies faire, and therefore onely to be prepared for ſome ſet banquet.

34. *Caſting of ſugar in partie moldes of wood.*

LAy your moldes in faire water three or foure houres before you

you cast, then dry vp your inward moisture with a cloth of Linnen, then boyle rosewater & refined sugar together, but not to anie great stiffnesse, then poure it into your moldes, let your molds stand one houre, and then gently part or open the moldes, and take out that which you haue cast, you may also worke the paste *anie* numero 12. 13. into these molds, first printing or pressing gently a little of the paste into the one halfe, and after with a knife taking away the superfluous edges, and so likewise of the other halfe: then presse both sides of the mold together, two or three times, & after take away the crest that will arise in the middest: and to make the sides to cleaue together, you may touch thé first ouer with Gum Dragagant dissolued, before you presse the sides of the mold together: note that you may conuey comfits within, before you close the sides. You may cast of any

any of theſe mixtures or paſtes in alablaſter molds, molded from the life.

44. To *mold of a Lemmon, orenge, peare, Nut, &c. and after to caſt it hollowe within, of ſugar.*

FIll a woodden platter halfe full of ſande, then preſſe downe a Lemmon, peare, &c. therein to the iuſt halfe thereof, then temper ſome burnt Alablaſter with faire water in a ſtone or copper diſh, of the bigneſſe of a great ſiluer boll, and caſt this pap into your ſande, and from thence clap it vppon the Lemmon, Peare, &c. preſſing the pap cloſe vnto it. Then after a while take out this halfe parte with the Lemmon in it, and pare it euen in the inſides as neere as you can, to make it reſemble the iuſt halfe of your Lemmon, then make 2. or 3. litle holes in the halfe (*viz.* in the edges therof) laying it downe in the ſande againe, and ſo caſt

caſte an other halfe vnto it, then cut off a peece of the top of both your partie moldes, & caſt thereto another cap in like manner as you did before. Keep theſe three parts bound together with tape till you haue cauſe to vſe them: and before you caſt, lay them alwaies in water, and drie vp the water again before you poure in the ſugar. Colour your Lemmon with a little ſaffron ſteeped in Roſewater; vſe your ſugar in this manner: Boile refined or rather double refined ſugar and Roſewater to his full height, *viz.* till by powring ſome out of a ſpoone, it will run at the laſt as fine as a haire; thē taking off the cappe of your molde, poure the ſame therein, filling vp the mold aboue the hole, and preſently clap on the cap, and preſſe it downe vppon the ſugar, then ſwing it vpp and downe in your hande, turning it rounde, and bringing the neather parte ſome times

times to be the vpper parte in the turning, and *è conuerso*. This is the manner of vsing an Orenge, Lemmon, or other round molde: but if it be long as a pigs foot will be, beeing molded, then roule it, and turne it vp and downe longe waies in the aire.

45. *How to keepe the drie pulpe of Cheries, Prunes, Damsons &c. all the yeare.*

TAke of those kinde of cherries which are sharpin taste (*Quare* if the common blacke and redde cherrie will not also serue, hauing in the ende of the decoction a little oyle of Vitrioll or Sulphur, or some veriuice of soure grapes, or iuice of Lemmons mixed therewith, to giue a sufficient tartnesse) pull off their stalks and boile them by themselues without the addition of any liquour in a caldron or pipken, and when they begin once

once to boile in their owne iuice, ſtir them hard at the bottom with a ſpattle, leaſt they burn to the pans bottom. They haue boyled ſufficiently, when they haue caſte off all their skins, and that the pulp and ſubſtance of the cheries is grown to a thicke pap: then take it from the fire, and let it coole, then diuide the ſtones and skins, by paſſing the pulpe onely through the bottome of a ſtrainer reuerſed as they vſe in *caſſia fiſtula*, then take this pulpe and ſpread it thin vpon glazed ſtones or diſhes, and ſo let it drie in the ſunne, or elſe in an ouen preſently after you haue drawne your breade, then looſe it from the ſtone or diſh, & keepe it to prouoke the appetite, and to coole the ſtomacke in feuers, and all other hote diſeaſes. Proue the ſame in all manner of fruit. If you feare aduſtion in this worke, you may finiſh it in hote balneo.

46. *How to dry all manner of plums or Cheries in the ſunne.*

IF it be a ſmall fruite, you muſt dry them whole, by laying thē abroad in the hote ſunne, in ſtone or pewter diſhes, or Iron or braſſe pannes, turning them as you ſhall ſee cauſe. But if the plum be of any largeneſſe, ſlit each plum on the one ſide from the top to the bottome, and then lay them abroad in the Sunne: but if they be of the biggeſt ſort, then giue eyther plum a ſlit on each ſide: and if the ſun doe not ſhine ſufficiently during the practice, then dry them in an ouen that is temperately warme.

47. *How to keepe apples, peares, quinces, wardens. &c. all the yeare, drie.*

PAre them, take out the coares, and ſlice them in thinne ſlices lay-

laying them to drie in the Sunne in ſome ſtone or metalline diſhes, or vpon high frame couered with courſe canuas, now and then turning them, and ſo they will keepe all the yeare.

48. To make greene Ginger vpon ſyrup.

TAke Ginger one pounde, pare it cleane, ſteepe it in red wine and vinegar equally mixed, let it ſtand ſo 12. dayes in a cloſe veſſell, and euery day once or twice ſtir it vp and downe, then take of wine one gallon, and of vinegar a pottle, ſeeth altogether to the conſumption of a moitie or half, then take a pottle of cleane clarified honey or more, and put thereunto, and let them boile well together, then take halfe an ounce of ſaffron finely beaten, and put it thereto with ſome ſugar if you pleaſe.

49 To make ſucket of greene Walnuts.

TAke Walnuts when they are no bigger then the largeſt haſill nut, pare away the vppermoſt greene, but not too deepe, then ſeeth them in a pottle of water till the water be ſodden away, then take ſo much more of freſh water, and when it is ſodden to the halfe, put thereto a quart of vinegar and a pottle of clarified honie.

50. To make conſerue of prunes or Damſons.

TAke ripe Damſons, put them into ſcalding water, let them ſtand a while, then boyle them ouer the fire till they breake, then ſtraine out the water through a colander, and let them ſtand therin to coole, then ſtraine the damſons through the colander, taking away

away the stones and skinnes, then set the pulpe ouer the fire againe, and put thereto a good quantitie of red wine, and boile them wel to a stiffenesse, euer stirring them vp and downe, and when they bee almost sufficiently boyled, put in a conuenient proportion of sugar, stir all well together, and after put it in your gally pots.

51. To *make conserue of strawberies.*

FIrst seeth them in water, and then cast away the water, and straine them, then boyle them in white wine, and worke as before in damsons, or else straine them being ripe, then boyle them in wine and sugar till they be stiffe.

52. *Conserue of prunes or Damsons made another way.*

TAke a pottle of damsons, prick them and put them into a pot; pur-

putting thereto a pinte of Roſewater or wine, and couer your pot, let them boile well, then incorporate them by ſtirringe, and when they be tender let them coole, & ſtraine them with the liquor alſo, then take the pulpe and ſet it ouer the fire, and put thereto a ſufficient quantitie of ſugar, and boile them to their height or conſiſtencie, and put it vp in gally pots, or iarre glaſſes.

53. *How to candie Ginger, Nutmegs, or any Roote or flowers.*

TAke a quarter of a pounde of the beſt refined ſugar, or ſugar candie which you can get, powder it, put thereto two ſpoonfuls of Roſewater, dip therein your Nutmegs, ginger, rootes, &c. being firſt ſodden in faire water till they bee ſoft and tender, the oftner you dip them in your ſirrup, the thicker the candie will bee, but

but it will be the longer in candying: your sirrup must bee of such stiffnesse, as that a droppe thereof beeing let fall vpon a pewter dish, may congeale and harden being cold. You must make your sirrup in a chafing dish of coales, keeping a gentle fire: after your sirup is once at his full height, then put them vpon papers presently into a stoue, or in dishes, continue fire some ten or twelue dayes, till you finde the candie hard and glistering like diamonds; you must dip the red rose, the gillow flower, the marigold, the borrage flower, and all other flowers but once.

54. *The arte of comfetmaking, teaching how to couer all kinds of seedes, fruits & spices with sugar.*

First of all you must haue a deep bottomed bason of fine cleane brasse or latton, with two eares of Iron to hang it with two seuerall cordes

cords ouer a baſon or earthen pan with hote coales.

You muſt alſo haue a broad pan to put aſhes in, & hote coales vpon them.

You muſt haue a cleane latton baſon to melt your ſugar in, or a faire braſen skillet.

You muſt haue a fine braſen ladle, to let run the ſugar vpon the ſeedes.

You muſt alſo haue a braſen ſlice, to ſcrape away the ſugar frō the hanging baſon if neede require.

Hauing all theſe neceſſarie veſſels & inſtruments, worke as followeth.

Chooſe the whiteſt, fineſt, and hardeſt ſugar, and then you need not to clarifie it, but beate it onely into fine powder that it may diſſolue the ſooner.

But firſt make all your ſeedes verie cleane, & dry them in your hanging baſon.

Take for euery two pounde of ſugar, a quarter of a pound of annis ſeedes, or Coriander ſeedes, and your Comfites will be greate enough, and if you wil make them greater, take halfe a pound more of ſugar, or one pound more, and then they will be faire & large.

And halfe a pounde of Annis ſeeds, with two pound of ſugar wil make fine ſmall comfits.

You may alſo take a quarter and a halfe of annis ſeedes, and three pound of ſugar, or halfe a pounde of annis ſeedes and foure pounde of ſugar. Do the like in Coriander ſeedes.

Melt your ſugar in this maner, viz. Put three pounds of your powder ſugar into the baſon, and one pinte of cleane running water thereunto, ſtirre it well with a braſen ſlice, vntill all be moiſt and well wet, then ſet it ouer the fire, without ſmoak or flame, and melt it well, that there bee no whole

grif-

griſtie ſugar in the bottome, and let it ſeeth mildelye, vntill it will ſtreame from the ladle like Turpentine, with a long ſtreame and not drop, then it is come to his decoction, let it ſeeth no more, but keepe it vpon hot imbers that it may run from the ladle vpon the ſeedes.

To make them ſpeedily. Let your water be ſeething hot, or ſeething & put powder of ſugar vnto the, caſt on your ſugar boyling hote: haue a good warme fire vnder the hanging baſon.

Take as much water to your ſugar, as will diſſolue the ſame.

Neuer skim your ſugar if it bee cleane and fine.

Put no kind of ſtarch or amylum to your ſugar.

Seeth not your ſugar too long, for that will make it black, yellow or tawnie.

Moue the ſeeds in the hanging baſon as faſt as you can or may,

when the ſugar is in caſting.

At the firſt coate put on but one halfe ſpoonfull with the ladle, and all to moue the baſon, moue, ſtirre and rub the ſeedes with thy left hand a pretie while, for they will take ſugar the better, & dry them well after euerie coate.

Do this at euerie coate, not only in mouing the baſon, but alſo with the ſtirring of the comfits with the left hand and drying the ſame: thus dooing you ſhall make great ſpeed in the making: as, in euerie three houres you may make three pound of comfits.

And as the comfits do increaſe in greatnes, ſo you may take more ſugar in your ladle to caſt on. But for plaine comfits let your ſugar be of a light decoction laſt, and of a higher decoction firſt, & not too hote.

For criſpe and ragged comfits, make your ſugar of a high decoction, euen as high as it may run from

from the Ladle, and let fall a foote high or more from the ladle, and the hoter you caſt on your ſugar, the more ragged will your comfets be. Alſo the comfets will not take ſo much of the ſugar as they will vpon a light decoction, and they will keepe their raggednesſe long. This high decoction muſt ſerue for eight or ten coats in the end of the worke, and put on at euerie time but one ſpoonful, and haue a light hand with your baſon, caſting on but little ſugar.

A quarter of a pounde of Coriander ſeeds, and three pounds of ſugar will make greate, huge, and big comfets.

See that you keepe your ſugar alwaies in good temper in the baſon, that it burne not into lumpes or gobbets: and if your ſugar be at anie time too high boyled, put in a ſpoonfull or two of water, & keepe it warily with the ladle, and let your fire alwaies bee without

ſmoake or flame.

Some commende a ladle that hath a hole in it to let the ſugar run through of a height, but you may make your comfites in their perfect forme and ſhape only with a plaine ladle.

When your comfites be made, ſet your diſhes with your comfits vppon papers in them before the heat of the fire, or in the hot ſun, or in an Ouen after the bread is drawen, by the ſpace of an houre or two, and this will make them very white.

Take a quarter of a pounde of Annis ſeedes, and two pound of ſugar, and this proportion will make them verie great, and euen alike quantity take of Carroway ſeede, Fennell ſeede, and Coriander ſeede.

Take of the fineſt Cinamon, and cut it into prettie ſmall ſticks beeing drye, and beware you wette it not, for that deadeth the

the cinamon, and then worke as in other comfits. Do this with Orenge rindes likewiſe.

Worke vpon ginger, cloues, and Almonds, as vpon other ſeeds.

The ſmaller that Annis ſeede comfits be, the fairer, the harder, and ſo in all other.

Take the powder of fine Cinamon two drammes, of fine muske diſſolued in a little water one ſcruple, mingle theſe altogether in the hanging baſon, and caſt them vppon ſugar of a good decoction, then with thy left hand moue it to and fro, and drie it wel, doe this often, vntill they bee as great as poppie ſeeds, and giue in the ende three or foure coates of a light decoction, that they maybe round and plaine, & with an high decoction you may make them criſpe.

You muſt haue a coorſe ſearce made for the purpoſe with haire or with parchment full of holes to

part and diuide the comfets into ſeuerall ſorts.

To make paſte for comfets. Take fine grated breade foure ounces, fine elect Cinamon powdred half an ounce, fine ginger powder one dramme, ſaffron powdred, a little, white ſugar two ounces, & a fewe ſpoonfuls of borrage water, ſeeth the water and the ſugar together, and put to the ſaffron, then firſt mingle the crummes of bread & the ſpices well together, dry thē, put the liquor ſcalding hote, vpon the ſtuffe, & being hot labour it with thy hand, and make balles or other formes therof, dry them and couer them as comfets.

Coriander ſeeds two ounces, ſugar one pound and a halfe maketh very faire comfets.

Annis ſeeds three ounces, ſugar halfe a pound, or annis ſeedes two ounces, and ſugar 6. ounces, will make faire comfits.

Euerie dram of fine Cinamon, will

will take at the leaſt a pound of ſugar for biskets, and likewiſe of ſugar or ginger powder.

Halfe an ounce of groſſe Cinamon wil make almoſt three drams of fine powder ſearced, after it is well beaten.

Sugar powder one ounce will take at the leaſt a pound of ſugar to make your biskets faire.

Carrowaies will be faire at 12. coates.

Put into the ſugar a little Amylum diſſolued for fiue or ſix of the laſt coates, and that will make them exceeding criſpe and if you put too much Amylum or ſtarch to the comfits which you woulde haue criſpe, it will make them flat and ſmooth.

In anie other confection of paſted ſugar mixed with gum Dragagant, put no kinde of Amylum: beware of it, for it will make thy worke clammie.

To make redde comfits, ſeeth 3.

or foure ounces of brasell with a little water, take of this red water 4. spoonfulls, of sugar one ounce, and boile it to his decoction, then giue 6. coates and it will bee of a good colour, or else you may turn so much water with one dramm of turnesole, doing as before.

To make greene comfits, seeth sugar with the iuice of beets.

To make them yellow, seeth saffron with sugar.

In making of comfits, alwaies when the water doth seeth, then put in your sugar powder, and let it seeth a little vntill it bee cleane dissolued and boyled to his perfect decoction, & that the whitenesse of the colour be clean gone, and if you let it settle, you shall see the sugar somwhat clear.

For biskets take two spoonfulls of liquor, of sugar searced in a course searce one dram, and of sugar powder to be melt & cast, one ounce. This donne will make the biskets

biskets ſomewhat faire, and ſomewhat greater then poppie ſeeds.

Aliter. Take ſugar powder foure drams, ſugar to caſt foure ounces with liquor ſufficient, lay golde or ſiluer on your comfits.

Euery dramm of ſugar powder will take an ounce of ſugar to be caſt: 8. drammes make one ounce. To thus much powder, for biskets take half a pound of ſugar to caſt theron.

Coriander ſeedes a quarter of a pound, ſugar 3. pound, Coriander ſeedes halfe a pound, ſugar, 3. drams will make faire comfits.

For biskets, Annis ſeeds halfe a pound, Fennel ſeeds a quarter of a pound, and ſugar two pound ſufficeth.

In fixe or eight of the laſt coats put in two ſpoonefuls of ſugar verie hot to make them criſpe.

To one pound of ſugar take 9. ounces of water.

55. *To make a cullis as white as ſnowe, and in the nature of gellie.*

TAke a cocke, ſcalde, waſh and drawe him cleane, ſeethe it in vvhite vvine or rheniſh vvine, skū it cleane, clarifie the broth after it is ſtrayned, then take a pinte of thicke and ſvveete creame, ſtraine that to your clarified broth, and your broth vvill become exceeding faire and vvhite: then take powdred ginger, fine vvhite ſugar & Roſe vvater, ſeething your cullis vvhen you ſeaſon it, to make it take the colour the better.

56. *To make Wafers.*

TAke a pinte of flowr, put it into a little creame with two yolkes of egges and a little roſe-vvater, vvith a little ſearced cinamon and ſugar, vvorke them altogether and bake the paſte vppon hote Irons.

57. To

57. *To make Almond butter.*

BLanch your almonds, & beate them as fine as you can with faire water, 2. or three houres, then straine them through a lynnen cloth, boyle them with Rosewater whole mace and annis seedes, till the substance be thicke, spreade it vpon a faire cloth, dreining the whey from it, after let it hang in the same cloth some fewe houres, then straine it and season it with Rosewater and sugar.

58. *A white gelly of Almonds.*

TAke Rosewater, gum Dragagant dissolued, or Isinglasse dissolued, and some Cinamon grossely beaten, seethe them altogether, then take a pounde of almonds, blanch and beate them fine with a little faire water, drie them in a faire cloth; and put your

your water aforeſaid into the Almonds, ſeeth them together and ſtir them continually, then take them, from the fire, whē all is boiled to a ſufficient height.

59. To make Leach.

SEeth a pinte of Creame, and in the ſeething put in ſome diſſolued Iſinglas, ſtirring it vntil it be very thicke, then take a handfull of blanched Almonds, beat them and put them in a diſh with your Creame, ſeaſoning them with ſugat, and after ſlice it and diſh it.

60. Sweete Cakes without eyther ſpice or ſuga.

SCrape or waſhe your Parſneps cleane, ſlice them thinne, drie them vpon Canuas or networke frames, beat them to powder mixing one thirde thereof with two thirds

thirds of fine wheat flower, make vp your paſte into coates, and you ſhall finde them very ſweete and delicate.

61. *Roſes and Gilloflowres kept long.*

COuer a Roſe that is freſh, and in the bud, and gathered in a faire day after the dewe is aſcended, with the whites of egges well beaten, & preſently ſtrew theron the fine powder of ſeareed ſugar, and put them vp in luted pots, ſetting the pots in a coole place in ſand or grauell. With a fillip at any time you may ſhake off this incloſure.

62. *Grapes growing all the yeare.*

PVt a Vine ſtalke through a Basket of earth in December, which is likely to beare Grapes, that

that yeare, and when the Grapes are ripe, cut off the ſtalk vnder the basket (for by this time it hath taken roote) keepe the basket in a warme place, and the grapes will continue freſh and faire a long time vpon the vine.

63. How to drie Roſe leaues, or any other ſingle flower without wrinkling.

IF you would performe the ſame well in roſe leaues, you muſt in roſe time make choiſe of ſuch roſes as are neither in the bud, nor full blown (for theſe haue the ſmotheſt leaues of al other) which you muſt eſpecially cull & chooſe from the reſt. Then take right Callis ſand, waſh it in ſome chãge of waters, and drie it throughly well, either in an ouen, or in the ſunne; and hauing ſhallow, ſquare or long boxes of 4. 5, or 6. inches deepe, make firſt an euen lay of ſande in the bottome, vpon the which

which lay your roſe leaues one by one(ſo as none of them touch other) till you haue couered all the ſand, then ſtrowe ſand vpon thoſe leaues till you haue thinly couered them all,& thé make another lay of leaues as before, and ſo lay vpon lay,&c. Set this box in ſome warme place in a hot ſunnie day, (and commonly in two hot ſunnie dayes they will bee through drie)then take them out carefully with your hand without breaking. Keepe theſe leaues in Iarre glaſſes bound about with paper neere a chimney, or ſtoue,for feare of relenting. I finde the red roſe leafe beſt to be kept in this manner;alſo take awaye the ſtalkes of panſies, ſtocke gilloflowers,or other ſingle flowers, pricke them one by one in ſande, preſſing downe their leaues ſmooth with more ſande layde euẽly vpon them. And thus you may haue Roſe leaues, and other flowers to lay about your ba-

baſons, windows, &c. all the winter long. Alſo this ſecret is very requiſite for a good ſimplifier, becauſe he may drie the leafe of any hearbe in this manner, and lay it being drie in his Herball with the ſimple which it repreſenteth, wher by hee may eaſily learne to knowe the names of all ſimples which he deſireth.

64. *Cluſters of Grapes kept till Eaſter.*

CLuſters of grapes hanging vpon lines within a cloſe preſſe will laſt till Eaſter, if they ſhrinke you may plumpe them vpp with a little warme water before you eat them. Some vſe to dip the endes of the ſtalkes firſt in pitch: ſome cut a branch of the vine with euery cluſter, placing an apple at each end of the branch, now and then renewinge thoſe Apples as they rot, and after hanging them within a preſſe or cupbord, which would

would ſtand in ſuch a roome (as I ſuppoſe) where the grapes might not freez: for otherwiſe you muſt be forced now and then to make a gentle fire in the room, or elſe the grapes will rot and periſh.

65. How to keepe Walnuts a long time plumpe and freſh.

MAke a laye of the drie ſtampings of crabs when the verjuice is preſſed from them, couer that lay with Walnuts, and vpon them make another lay of ſtampings, and ſo one lay vppon another till your veſſell be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. An excellent conceit vpon the kernels of drie Walnuts.

GAther not your walnuts before they be ful ripe, keep thē without

out anie Art vntill Newyeers tide, then breake the ſhels carefully, ſo as you deface not the kernels (& therefore you muſt make choiſe of ſuch nuts as haue thinne ſhels) whatſoeuer you finde to come away eaſilie, remoue it: ſtiepe theſe kernels in conduit water, fortie eight houres, then will they twell and grow verie plumpe and faire, and you may pill them eaſily, and preſent them to any friende you haue for a Newyeares gift: but being pilled, they muſt bee eaten within two or three houres, or els they loſe their whitenes & beautie, but vnpilled they will laſt 2. or 3. dayes faire and freſh. This of a kind Gentlewoman, whoſe skill I doe highly commend, and whoſe caſe I doe greatlie pitie: ſuch are the hard fortunes of the beſt wits and natures in our dayes.

67. How to keepe Quinces in a moſt excellent maner.

Make

MAke choise of such as are sound, & gathered in a faire, drie and sunny day, place them in a vessell of wood, containing a firkin or thereabout, then couer them with peny ale, and so let the rest: and if the liquor carrie anie bad scum, after a day or two take it off, euerie 10. or 12. dayes let out your peny ale at a hole in the bottome of your vessell, stop the hole and fill it vp again with fresh peny ale, you may haue as much for two pence at a time as will serue for this purpose, these Quinces being baked at Whitsontide did taste more daintily then any of those which are kept in our vsuall decoctions or pickels.

Also if you take white wine lees that are neat (but then I feare you must get them of the Marchant, for our Tauernes doe hardly afoord anie) you may keepe your Quinces in them verie faire and fresh all the yeare, & therein may you

you alſo keep your barberies both full and faire coloured.

68 *Keeping of Pomegranats.*

Make choiſe of ſuch Pomgranates as are ſound and not prickt as they tearme it, lap them ouer, thinly with wax, hang them vpō nailes, where they may touch nothing, in ſome cupbord or cloſet in your bedchamber, wher you keep a continual fire, and euery 3. or 4. daies turn the vnderſides vppermoſt, & therefore you muſt ſo hang them in packthred, that they may haue a bowe knot at either end. This way Pomgranates haue beene kept freſh till whitſontide.

69. *Preſeruing of Artichocks.*

CVt off the ſtalkes of your Artichokes within two inches of the Apple, and of all the reſt of the ſtalkes make a ſtrong decoction

tion, ſlicing them into thinne and ſmall peeces, and keepe them in this decoction: when you ſpende them you muſt lay them firſt in warme water, and then in colde, to take away the bitternes of the. This of M. *Parſons*, that honeſt and painefull practicer in his profeſſion.

In a mild & warm winter about a moneth or three weekes before Chriſtmas, I cauſed great ſtore of Artichokes to bee gathered with their ſtalkes in their full length as they grewe, and making firſt a good thicke lay of Artichoke leaues in the bottome of a great and large veſſell I placed my Artichokes one vppon another as cloſe as I could touch them, couering the ouer of a pritty thicknesse with Artichoke leaues: theſe Artichokes were ſerued in at my table all the Lent after, the apples being red & ſound, only the tops of the leaues a little vaded, which

I did cut away.

70. *Fruit preserued in pitch.*

DWayberries that do somwhat resemble blacke cherries, called in Latine by the name of *Solanum læthale*, beeing dipped in molten pitch, being almost cold, and before it congeale and harden againe, and so hung vp by their stalkes, will last a whole yeare *Probatum per* M. *Parsons*, the Apothecarie. Prooue what other fruites will also bee preserued in this maner.

71. *To make Cloue or Cinamon sugar.*

LAy pieces of Sugar in close boxes amongst sticks of Cinamon, cloues, &c. and in a short time it will purchase both the taste and sent of the spice. *Probat.* in cloues.

72. *Hasel*

72. *Haſell Nuts kept long.*

A Man of great yeares & expe-rience aſſured mee, that Nuts may be kept a long time with full kernels, by burying them in earthen pots well ſtopt, a foot or two in the ground: they keepe beſt in grauelly or ſandy places. But theſe nuts I am ſure wil yeeld no oile as other nuts will, that waxe drie in the ſhels with long keeping.

73. *Cheſnuts kept all the yeare.*

AFter the bread is drawne, diſperſe your Nuts thinly ouer the bottome of the Ouen, and by this meanes the moiſture beeing dryed vp, the Nuts will laſt all the yeare: if at any time you perceiue them to relent, put thē into your Ouen againe as before.

Secrets in Distillation.

1. *How to make true spirit of wine.*

TAke the finest Paper you can get, or else some Virgine parchment, strayne it verie right and stiffe ouer the glasse bodie, wherein you put your sacke, malmsie or muskadine, oyle the paper or virgin parchment with a pensil moistned in the oile of Ben, and distill it in the Balneo with a gentle fire, and by this means you shall purchase only the true spirit of wine. You shall not haue aboue two or three ounces at the moste out of a gallon of wine, which ascendeth in the forme of a cloude, without any dewe or veins in the helme,

helme, lute all the ioyntes well in this distillation. This spirit will vanish in the ayre, if the glasse stand open.

2. *How to make the ordinarie spirit of wine that is solde for 5. shillings, & a noble, a pinte.*

PVt sacke, malmesie, or muskadine into a glasse bodie, leauing one thirde or more of your glasse empty, set it in balneo, or in a pan of ashes, keeping a softe and gentle fire, drawe no longer then till all or most part wil burne away, which you may proue nowe and then, by setting a spoonefull thereof on fire with a paper as it droppeth from the nose or pipe of the helme, and if your spirit thus drawn haue any phlegme therin, thē rectify or rediftil ỹ spirit again in a lesser body, or in a bolt receiuer in sted of an other body, luting a small head on the top of the steel

thereof, and so you shall haue a verie strong spirit, or else for more expedition, distill fiue or sixe gallons of wine by a Limbecke, and that spirit which ascendeth afterward, rediſtil in glasse as before.

3. *Spirits of Spices.*

DIstill with a gentle heat either in balneo, or ashes, the strong and sweete water, wherewith you haue drawen oile of cloues, mace, nutmegs, Iuniper, Rosemarie, &c. after it hath stoode one moneth close stopt, and so you shall purchase a most delicate Spirite of each of the saide aromaticall bodies.

4. *Spirit of wine tasting of what vegetable you please.*

MAcerate Rosemarie, Sage, sweet fennell seedes, Marierom, Lemon or Orenge pils, &c. in

in ſpirit of wine a day or two, and then diſtill it ouer againe, vnleſſe you had rather haue it in his proper colour: for ſo you ſhall haue it vpon the firſt infuſion without any farther diſtillation, and ſome young Alchimiſts doe holde theſe for the true ſpirits of vegetables.

5. *How to make the water which is vſually called Balmewater.*

TO euery gallon of claret wine put one pound of green balm Keep that which commeth firſt &. is cleareſt, by it ſelfe: and the ſecond & whiter ſort which is weakeſt, and commeth laſt, by it ſelfe, diſtill in a pewter limbecke luted with paſte to a braſſe pot. Drawe this in May or Iune whē the herb is in his prime.

6. *Roſa-ſolis.*

TAke of the hearbe Roſa-ſolis, gathered in Iuly one gallon,

pick out all the black moats from the leaues, dates halfe a pounde, Cinamon, Ginger, cloues, of each one ounce, graines halfan ounce, fine ſugar a pound and a halfe, red roſe leaues, greene or dryed foure handfuls, ſteepe all theſe in a gallon of good Aqua Compoſita in a glaſſe cloſe ſtopped with waxe, during twentie daies, ſhake it wel together once euerie two daies. Your ſugar muſt be powdred, your ſpices bruſed onely, or groſſelie beaten, your dates cut in long ſlices the ſtones taken awaie. If you adde two or three graines of Amber greece, and as much muske in your glaſſe amongſt the reſt of the ingredientes, it will haue a pleaſant ſmel. Some adde the gum amber with coral and pearl finely poudred, and fine leafe golde. Some vſe to boyle Ferdinando bucke in Roſewater, till they haue purchaſed a faire deepe crimſon colour, and when the ſame is cold, they

they colour their Rosa-solis and Aqua Rubea therewith.

7. *Aqua Rubea.*

Take of muske sixe graines, of Cinamon and ginger of each one ounce, white sugar candy one pounde, pouder the sugar, and bruse the spices grossely, binde them vp in a cleane linnen cloth, and put them to infuse in a gallon of Aqua cõposita in glasse close stopped twentie foure houres, shaking them togither diuers times, then put thereto of turnesole one dram, suffer it to stand one houre, and then shake al together, then if the colour like you after it is setled, poure the cleereſt forth into an other glasse: but if you wil haue it deeper coloured, suffer it to worke longer vppon the turnesole.

8. Steeuens *Aqua compoſita.*

TAke a gallō of Gaſcoign wine, of ginger, galingale, cinamō, nutmegs & graines, Annis ſeeds, fennel ſeeds, and carroway ſeeds, of each a dram, of Sage, mints, red Roſes, Time, Pellitorie, Roſemary, wild thime, camomil, lauender, of each a handfull, braie the ſpices ſmall, and bruiſe the herbs, letting them macerate 12. houres, ſtirring it now and then, then diſtill by a limbecke of pewter, keeping the firſt cleare water that cōmeth by it ſelf, & ſo likewiſe the ſecond. You ſhal draw much about a pinte of the better ſort from euery gallon of wine.

9. *Vſquebath, or Iriſh aqua vitæ.*

TO euery gallon of good Aqua compoſita, put two ounces of choſen

choſen liquerice bruiſed, and cut into ſmall peeces, but firſt clenſed from all his filth, and two ounces of Annis ſeeds that are cleane & bruiſed, let them macerate fiue or ſixe daies in a wodden Veſſel, ſtopping the ſame cloſe, and then draw off as much as will runne cleere, diſſoluing in that cleare Aqua vitæ fiue or ſix ſpoonfuls of the beſt Malaſſoes you can get, Spaniſh cute if you can get it, is thought better then Malaſſoes, then put this into another veſſell; and after three or foure daies (the more the better) when the liquor hath fined it ſelf, you may vſe the ſame: ſome adde Dates & Raiſons of the ſun to this receipt; thoſe grounds which remaine you may rediſtill and make more Aqua compoſita of them, & of that Aqua cõpoſita you may make more Vſque bath.

10. Cinamon water.

HAuing a Copper bodie or brasse pot that will holde 12. gallons, you may well make 2. or 3. gallons of Cinamon water at once. Put into your body ouernight 6. gallons of conduit water, and two gallons of spirit of wine, or to saue charge two gallons of spirit drawne from wine lees, Ale, or lowe wine, or fixe pound of the best and largest Cinamon you can get, or else eight pound of the second sort wel brused, but not beaten into pouder: lute your Lymbeck, & begin with a good fire of wood & coals, till the vessel begin to distil, then moderate your fire, so as your pipe may drop apace, and run trickling into the receiuer, but not blow at anie time: it helpeth much heerein to keep the water in the bucket, not too hot, by often change thereof, it must neuer

neuer be so hot but that you may well indure your finger therein. Then diuide into quart Glasses the spirit vvhich first ascendeth, and vvherein you finde either no taste or a very small taste of the Cynamon, then may you boldely after the spirit once beginneth to come strong of the cinamō, draw vntill you haue gotten at the least a Gallon in the receiuer, and then diuide often by halfe pintes and quarters of pintes, least you drawe too long: which you shall knowe by the faynte taste and milky coulour which distilleth in the ende: this you must nowe and then taste in a spoone. Now, when you haue drawen so much as you finde good, you may adde thereunto so much of your spirit that came before your Cinamon water, as the same will well beare: which you must find by your taste. But if your spirit and your Cinamō be both good, you may of the afore

aforesaid proportion wil make vp two gallons, or two gallons and a quarte of good Cinamon water. Heere note that it is not amisse to obserue which glasse was first filled with the Spirit that ascended, and so of the second, thirde, and fourth: and when you mix, begin with the last glasse first, & so with the next, because those haue more taste of the Cinamon then that which came first, and therefore more fit to bee mixed with your Cinamon water. And if you meane to make but 8. or 9 pintes at once, then begin but with the halfe of this proportion. Also that spirit which remaineth vnmixed doth serue to make Cinamon water the second time. This way I haue often proued & found most excellent: take heede that your Limbecke be cleane and haue no maner of sent in it, but of wine or Cinamon, and so likewise of the glasses, funnelles and pots which you

you ſhall vſe about this worke.

11. *How to diſtill Iſop, thime, lauender, Roſemary, &c. after a new and excellent manner.*

HAuing a large Pot containing 12. or 14 gallons, with a Limbecke to it, or elſe a copper body with a ſerpentine of 20 or 24. gallons, and a copper heade, beeing ſuch a veſſell as is commonly vſed in the drawing of Aqua vitæ, fill two partes thereof with faire watet, and one other thirde part with ſuch hearbes as you woulde diſtill, the hearbes being eyther moiſt or drie it skilleth not greatly whether, let the hearbes macerate all night, and in the morning begin your fire, then diſtil as before in Cinamon water, beeing carefull to giue change of waters to your colour alwaies as it needeth: drawe no longer then you feele a ſtrong and ſenſible taſte of the

ỹ hearb which you distill, alwayes diuiding the stronger from the weaker, and by this meanes you shall purchase a water farre excelling any that is drawen by a common pewter still: you may also gather the oyle of each hearb which you shall finde fleeting on the top or summity of your water: This course agreeth best with such herbs as are not in taste, and will yeeld their oile by distillation.

12 *How to make the salt of hearbs.*

BVrne whole bundles of dryed Rosemary, Sage, Isop, &c; in a cleane ouen, and when you haue gathered good store of the ashes of the hearb, infuse warme water vpon them, making a strong and sharpe Lee of those ashes, then euaporate that Lee, & the residéce or setling which you finde in the bottō therof, is the salt which you seek for. Some vse to filter this lee diuers

diuers times before euaporation, that their ſalt may be the clearer and more tranſparét. This ſalt according to the nature of the hearb hath great effects in phyſicke.

13. *Spirit of hony.*

PVt one part of honey to 5. parts of water, when the water boileth, diſsolue your honey therein, skimme it, and hauing ſodden an houre or two, put it into a wodden veſsell, and when it is but bloud warme, ſet it on worke with yeaſte after the vſuall manner of Beere and Ale, tun it, and when it hath lyen ſome time, it will yeelde his ſpirit by diſtillation; as wine, beer and ale will do.

14. *To diſtil Roſewater at Michaelmas and to haue a good yeeld as at any other time of the yeare.*

In

IN the pulling of your Roſes, firſt diuide all the blaſted leaues, thē take the other freſh leaues, and lay them abroad vpon your table or windowes with ſome cleane linnen vnder them, let them ly 3. or foure houres, or if they bee dewy vntil the dewe be fully vaniſhed, put theſe roſe leaues in great ſtone pottes, hauing narrowe mouthes, and well leaded within, (ſuch as the Goldſiners call their hookers, & ſerue to receiue their Aqua fortis, bee the beſt of all others that I know) and when they are well filled, ſtop their mouthes with good corkes, eyther couered all ouer with waxe or molten brimſtone, and then ſet your pot in ſome coole place, and they wil keepe a long time good, and you may diſtill them at your beſt leaſure. This waie you may diſtill Roſewater good cheape, if you buy ſtore of Roſes, when you find a glutte of them in the market, wher-

wherby they are solde for 7. pence or 8. pence the bushell, you then engrosse the flower. And some hold opinion, that if in the midst of these leaues you put some broken leauen, and after fill vp the pot with Rose leaues to the top, that so in your distillatiō of them you shal haue a perfect Rose vinegar without the addition of anie common vinegar. I haue knowen Reseleaues kept well in Rondlets, that haue been first well seasoned with some hote liquor and Roseleaues boiled togither, and the same pitched ouer on the out side, so as no aire might penetrate or pearce the vessell.

15. *A speedy distillation of Rosewater.*

STampe the leaues, and first distill the iuice being expressed, and after distil the leaues, and so you shall dispatch more with one Stil, then others do with three or foure

foure stils. And this water is euerie way as medicinable as the other, seruing in all sirrups, decoctions, &c. sufficiently, but not altogether so pleasing in smell.

16. *How to distill wine vinegar or good Aligar, that it may bee both clear & sharpe.*

I Knowe it is an vsuall manner among the Nouices of our time to put a quart or two of good vinegar into an ordinary leadē still, and so to distill it as they do all other waters. But this way I do vtterly dislike, both for that heere is no seperation made at all, and also becausse I feare that the Vinegar doth cary an ill touch with it, either frō the leaden bottō or pewter head or both. And therefore I coulde wish rather that the same were distilled in a large bodie of glasse with a head or receiuer, the same being placed in sande or ashes.

ſhes. Note that the beſt part of the vinegar is the middle part that ariſeth, for the firſt is fainte and phlegmatick, and the laſt wil taſte of aduſtion, becauſe it groweth heauie toward the latter end, and muſt be vrged vp with a great fire, and therefore you muſt nowe and then taſte of that which commeth both in the beginning & towards the latter end, that you may receiue the beſt by it ſelfe.

17. *How to draw the true ſpirit of roſes, and ſo of all other hearbs and flowers.*

MAcerate the Roſe in his own iuice, adding thereunto being téperately warm, a conueniét proportion either of yeaſt or ferment, leaue thé a few daies in fermentation, till they haue gotten a ſtrōg & heady ſmel, beginning to incline toward vinegar, thé diſtill them in balneo in glaſs bodies luted to their helms (happily a lim=

beck

becke wil do better and rid faster) and drawe so long as you find any sent of the Rose to come, then redistill or rectifie the same so often till you haue purchased a perfect spirit of the Rose. You may also ferment the iuice of Roses onelie, and after distill the same.

18. *An excellent Rosewater.*

VPon the top of your glasse bodie, straine a haire cloth, and vpon that lay good store of Rose-leaues, either drie, or halfe drie, and so your water will ascend verie good both in smell and in colour. Distill either in balneo, or in a gentle fire in ashes, you may reiterate the same water vppon fresh leaues. This may also be done in a leaden Still, ouer which by reason of the breadth you may place more leaues.

19. *An excellent wyy to make the extract of all Vegetables.*

EXpresse a good quantity of the iuice thereof, set it on the fire, and giue it onely a walme or two, then it will grow cleere: before it be cooled, pour away the cleereſt, filter with a peece of cotton, and then euaporate your filtred iuyce, till it come to a thicke ſubſtance, and thus you ſhal haue a moſt excellent extracte of the Roſe, Gilloflower, &c. with the perfect ſent and taſte of the flower, whereas the common waie is to make the extracte eyther by ſpirit of wine faire water, the water of the plant, or ſome kind of menſtruum.

20. *To make a water ſmelling of the Eglantine, Gilloflowers, &c.*

DRie the hearbe or flower, and diſtill the ſame in faire water in

in a limbecke, draw no longer thē you find sent in the water that issueth, reiterate that water vpon fresh herbes, and distil as before, diuiding the sweetest frō the rest.

21. A *Scottish handwater.*

PVt thyme, Lauender, and Rosemary confusedly together, thē make a lay of thicke wine Lees in the bottom of a stone pot, vppon which make an other laye of the said hearbes, & then a lay of Lees, and so forwarde, lute the pot wel, bury it in the ground for 6. weeks distill it, & it is called Dames water in Scotland. A little therof put into a bason of a cōmon water maketh very sweet washing water.

22. *How to draw the blood of hearbes.*

STampe the hearb, put the same into a large glasse, leauing two parts emptie (some commend the iuice

iuice of the hearbe onely) nip or else lute the glasse very wel, digest it in balneo. 15. or 16. daies, and you shall finde the same very red, diuide the watrish part, and that which remaineth is the bloud or essence of the hearb.

23. *Rosewater, and yet the Roseleaues not discoloured.*

YOu must distill in balneo, and whē the bottom of your pewter Still is through hotte, put in a fewe leaues at once and distill them: watch your Still carefully, and as soone as those are distilled put in more. I know not whether your profit will requite your labour, yet accept of it as a newe conclusion.

24. *How to recouer Rosewater, or any other distilled water that hath gotten a mother, and is in daunger to be musty.*

Infuse

INfuſe your water vpō freſh Roſe leaues, or vpon Roſe cakes broken all in peeces, and then after maceration for three or foure houres with a gentle fire, rediſtill your water. Do this in a Limbeck, take heed of drawing too long for burning, vnleſſe your Limbecke ſtand in balneo.

25. To drawe both good Roſewater, and oyle of Roſes together.

AFter you haue digeſted your Roſe leaues by the ſpace of 3. moneths, *ſicut ante, num.* 13. eyther in barrels or hookers, then diſtill thē with faire water in a limbeck, draw ſo long as you finde anie excellent ſmell of the Roſe, then diuide the fatty oile that fleeteth on the top of the Roſe water, and ſo you haue both excellent oile of Roſes, and alſo good Roſewater togither, and you ſhall alſo haue more water then by the ordinarie waie,

way, and this Roſewater extendeth farther in phyſicall compoſitions, and the other ſerueth beſt for perfumes and caſting bottles. You may alſo diſtill the oyle of *Lignum Rhodium* this way, ſauing that you ſhall not neede to macerate the ſame aboue 24 houres in your water or menſtruum before you diſtill: this oyle hath a moſt pleaſing ſmell in a manner equall with the oyle of Roſes.

COOKERIE AND Huſwiferie.

1. To ſouſe a yong Pig.

TAke a young Pigge being ſcalded, boile it in faire water and white wine, put therto ſome Baye leaues, ſome whole Ginger, and ſome Nutmegs quartered, a fewe whole cloues, boyle it throughly, and leaue it in the ſame broath in an earthen pot.

2. Aliter.

TAke a Pig beeing ſcalded, coller him yppe like brawne, and lap your collers in faire cloathes: when the fleſh is boyled tender, take

take it out, and put it in colde water and salt, and that wil make the skin white, make sowsing drinke for it, with a quart of white wine, and a pottle of the same broth.

3 *To boy'e a flounder or Pickrel, of the French fashion.*

TAke a pinte of white wine, the tops of young time and Rosemary, a little whole mace, a little whole pepper seasoned with Veriuice, salt, and a peece of sweete butter, and so serue it: this broth will serue to boyle Fish twise or thrise in.

4. *To boile Sparrowes or Larks.*

TAke two ladles full of mutton broth, a little whole mace, put into it a peece of sweet butter a handful of Parsly being picked, season it with sugar, veriuice, and a little pepper.

5. To boyle a Capon in white broth.

BOyle your Capon by it ſelfe in faire water, then take a ladle-full or two of mutton broth and a little white wine, a little whole mace, a bundle of ſweete hearbs, a little marrowe, thicken it with Almonds, ſeaſon it with ſugar, and a little veriuyce, boyle a fewe currans by themſelues, and a Date quartered, leaſt you diſcolor your broth, and put it on the breaſt of your Capon, Chicken or Rabbet: if you haue no Almonds, thicken it with Creame, or with yolkes of egges, garniſh your diſhes on the ſides with a Lemmon ſliced & ſugar.

6. To boyle a Mallard, Teale, or Wigin.

TAke mutton broth, and put it into a pipken, put into the belly

belly of the foule a fevve ſweete hearbes and a little Mace, ſticke halfe a dozen of Cloues in his breaſt, thicken it with a toſte of bread ſtieped in veriuice, ſeaſon it with a little pepper, and a little Sugar, alſo one Onion minced ſmall is very good in the broth of any water foule.

7. *To boyle a legge of Mutton after the French faſhion.*

TAke al the fleſh out of your leg of mutton, or at the but end, preſeruing the skinne whole, and mince it ſmall with Oxe ſuet, and marrow, then take grated bread, ſweete Creame, and yolkes of egges, and a fewe ſweete hearbes, put vnto it Currans, and Raiſins of the ſunne, ſeaſon it with Nutmegs, Mace, Pepper, and a little ſugar, & ſo put it into the leg of Mutton againe where you tooke it out, and ſtew it in a pot with a

marrowbone or two, ſerue-in the marrowe bones with the ſtewed broath and fruite, and ſerue-in your legge of mutton drye with carot rootes ſliced, & caſt groſſe pepper vpon the rootes.

8. *To boyle Pigs petitoes on the French faſhion.*

BOyle them and ſlice them, being firſt rolled in a little batter, your batter being made with the yolke of an egge, two ſpoonefuls of ſweete creame, and one ſpoonfull of flower, make ſawce for it with Nutmeg, vinegar and ſugar.

9. *To boyle Pigeons with rice.*

BOyle them in mutton broath, putting ſweete hearbes in their bellies, then take a little Rice and boyle it in Creame, with a little whole mace, ſeaſon it with ſugar, lay

lay it thick on their breaſts, wringing alſo the iuice of a Lemmon vpon them, and ſo ſerue them.

10. *To boyle a chine of veale, or a chicken in ſharpe broth with hearbes.*

TAke a little mutto broth, white wine and veriuyce, and a little whole mace, the take lettuce, Spinage, and Parſley, and bruiſe it, & put it into your broth, ſeaſoning it with veriuice, pepper and a little ſugar, and ſo ſerue it.

11. *To make Beaumanger.*

TAke the brawne of a Capon, toaſe it like wool, then boile it in ſweete Creame with the whites of two egges, and beeing well boyled, hang it in a cloth, and let the whey run from it, then grinde it in an Alablaſter mortar with a woodden peſteell, then drawe it thorough a thinne Strayner

with the yolks of two eggs, and a little Roſewater, then ſet it on a chafing diſh with coales, mixing foure ounces of ſugar with it, and when it is cold diſh it vp like Almond butter, and ſo ſerue it.

12. To make a Polonian ſawſedge.

TAke the fillets of an hog, chop them verie ſmall with a handfull of red ſage, ſeaſon it hot with Ginger and pepper, and then put it into a great ſheepes gut, then let it lie three nights in brine, thē boyle it and hang it vp in a chimney where fire is vſually kept, and theſe ſawſedges will laſt one whole yeare. They are good for ſallades, or to garniſh boyled meates, or to make one reliſh a cup of wine.

13. To

13. To make tender and delicate Brawne.

PVt collars of brawne in kettles of water or other apt veſſels, into an ouen heated as you would for houſhold bread, couer the veſſels, & ſo leaue them as long in the ouen as you would doe a batch of bread. A late experience amongſt glentlewomen farre excelling the olde manner of boyling brawne in great & huge kettles. *Quære* if putting your liquor hot into the veſſels, and the brawne a little boiled firſt, if by this meanes you ſhal not giue greate expedition to your worke.

14. Paſte made of fiſh.

INcorporate the bodie of ſalt-fiſh, Stockfiſh, Ling, or any freſh fiſh that is not full of bones, with crums of bread, flower, Iſinglaſſe,

&c. and with proper ſpices agreeing with the nature of euerie ſeuerall fiſh, and of that paſte molde off the ſhapes & forms of little fiſhes: as of the Roch, Dace, Perch, &c. and ſo by arte you may make many little fiſhes out of one great and naturall fiſh.

15. How to barrell vp Oyſters, ſo as they ſhall laſt for ſixe moneths ſweete and good, and in their naturall taſte.

OPē your oiſters, take the licor of thē, and mixe a reaſonable proportion of the beſt white wine vineger you can get, a little ſalt & ſome pepper, barrell the fiſh vp in ſmall caske, couering all the Oyſters in this pickle, and they will laſt a long time; this is an excellent meanes to conuey Oyſters vnto drie townes, or to carie them in long voyages.

16. *How to keepe freſh Salmon a whole moneth in his perfect taſte and delicacie.*

FIrſt ſeeth your Salmon according to the vſuall manner, thé ſinke it in apt and cloſe veſſels in wine vinegar with a braunch of Roſemarie therein. By this means Vintners and Cookes may make profit thereof when it is ſcarce in the markets, & Salmon thus prepared may be profitably brought out of Ireland and ſold in London or elſe where.

17. *Fiſh kept long, and yet to eate ſhorte and delicately.*

FRie your fiſh in oyle, ſome commend Rape Oyle, and ſome the ſweeteſt Siuill Oyle that you canne get, for the fiſh will not taſte at all of the Oyle becauſe

becauſe it hath a watriſh bodie,& oyle and water make no true vnity,then put your fiſh in white wine vinegar, and ſo you may keepe it for the vſe of your Table any reaſonable time.

18. *How to keepe roaſted Beefe a long time ſweete and wholeſome.*

THis is alſo done in wine vinegar,your peeces being not ouer great,& well and cloſe barrelled vp:this ſecret was fully proued in that honourable voyage vnto Cales.

19. *How to keepe powdered beefe fiue or ſix weekes after it is ſodden, without any charge.*

WHen your beefe hath beene well & thorowly powdred by tenne or twelue dayes ſpace, then ſeeth it throughly,dry it with a

a cloth, and wrap it in dry clothes placing the ſame in cloſe veſſels and Cupbords, and it will keepe ſweete & ſound two or three moneths, as I am credibly informed from the experience of a kinde & louing friend.

20. *A conceipt of the Authors, how beefe may be carried at the ſea, without that ſtrong and violent impreſſion of ſalt which is vſually purchaſed by long and extreme powdring.*

HEere with the good leaue & fauour of thoſe curteous gentlewomen, for whome I did principally if not only intend this litle treatiſe; I will make bold to lanch a little from the ſhoare, and trye what may bee done in the vaſte and wide Ocean, and in long and dangerous voyages, for the better preſeruation of ſuch vſuall victuals, as for want of this skill do

doe oftentimes meerely periſh, or elſe by the extreame pearcing of the ſalte, doe loſe euen their nutritiue ſtrength and vertue: & if any future experience doe happen to controll my preſent conceipt, let this excuſe a ſcholler, *quòd in magnis eſt voluiſſe ſatis*. But now to our purpoſe, let all the bloud bee firſt well gotten out of the beefe, by leauing the ſame ſome nine or tenne dayes in our vſuall brine, then barrell vp all the peeces in veſſels full of holes, faſtening them with ropes at the ſterne of the ſhip; and ſo dragging them through the ſalte ſea water (which by his infinite change and ſucceſſion of water will ſuffer no putrifaction, as I ſuppoſe) you may happily find your beefe both ſweete and ſauourie enough when you come to ſpend the ſame. And if this happē to fall out true vpon ſome triall thereof had, then either at my next impreſſion, or when

when I ſhall bee vrged thereunto vpon any neceſsitie of ſeruice, I hope to diſcouer the meanes alſo whereby euerie Shippe may carry ſufficient ſtore of victuall for her ſelfe in more cloſe and conuenient cariages then thoſe looſe veſſels are able to performe. But if I may be allowed to carie either roaſted or ſodden fleſh to the ſea, then I dare aduenture my poore credit therein to preſerue for ſix whole moneths together, either Beefe, Mutton, Capons, Rabbets, &c. both in a cheape manner, and alſo as freſh as wee doe now vſually eate them at our Tables. And this I hold to be a moſt ſingular & neceſſarie ſecret for all our Engliſh Nauie; which at all times vppon reaſonable termes I will bee ready to diſcloſe for the good of my country.

21. *How to make ſundry ſorts of moſt daintie butter, hauing a liuely taſte of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a fewe drops of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c, in the making vp of your butter: for oyle and butter will incorporat and agree very kindely and naturallie together. And how to make the ſaid oyles, with all neceſſarie veſſels, inſtruments & other circumſtances by a moſt plaine & familiar deſcription, See my Iewell Houſe of Art and nature vnder the Title of diſtillation.

22. *How to make a larger and daintier Cheeſe of the ſame proportion of milk then is commonly vſed or knowne by any of our beſt dairiewomen at this day.*

Hauing

HAuing brought your milke into curds by ordinarie rennet, either breake them with your handes according to the vſuall manner of other cheeſes, and after with a fleeting diſh, taking away as much of the whey as you can, or els put in the curds, without breaking, into your moate, let them ſo repoſe one houre, or two, or three; and then to a cheeſe of two gallons of milk, ad a waight of tenne or twelue pound, which waight muſt reſt vppon a couer, that is fit with the moate or caſe wherein it muſt truly deſcende by degrees as you increaſe your waight, or as the curdes doe ſink and ſettle. Let your curdes remaine ſo all that daye and night following vntil the next morning and then turne your cheeſe or curds, & place your waight againe theron, adding from time to time ſome more ſmall waight as you ſhall ſee cauſe. Note that you muſt

lay

lay a cloath both vnder and ouer your curdes at the leaſt, if you will not wrap them all ouer as they do in other cheeſes, changing your cloth at euerie turning. Alſo if you will worke in any ordinary moat, you muſt place a round and broade hoope vpon the moat, being iuſt of the ſelfe ſame bigneſſe or circumference, or elſe you ſhall make a verie thinne cheeſe. Turne theſe cheeſes euerie morning and euening, or as often as you ſhall ſee cauſe, till the whey bee all run out, and then proceed as in ordinarie Cheeſes. Note that theſe moates would be full of holes, both in the ſides and bottome, that the whey may haue the ſpeedier paſſage. You may alſo make them in ſquare boxes full of holes, or elſe you may deuiſe moates or caſes either rounde or ſquare of fine wicker, which hauing wicker couers, may by ſome ſlight be ſo ſtayed, as that you ſhall

neede only morning and euening to turne the wrong ſide vpwarde, both the bottomes beeing made looſe and ſo cloſe, and fitting, as they may ſinke truely within the moate or molde, by reaſon of the waight that lyeth thereon. Note that in other cheeſes the couer of the moat ſhutteth ouer the moat: but in theſe the couers deſcēd & fall within the moates. Alſo your ordinarie cheeſes are more ſpongious and full of eyes then theſe, by reaſon of the violent preſſing of them, wheras theſe cheeſes ſetling gently and by degrees, do cut as cloſe and firme as marmalade. Alſo in thoſe cheeſes which are preſſed out after the vſuall māner, the whey that commeth frō them, if it ſtande a while, will carrie a Creame vppon it, whereby the cheeſe muſt of neceſſitie be much leſſe, and as I gheſſe by a fourth parte, whereas the wheye that commeth from theſe new kind of

chee-

cheeſes is like faire water in color and caryeth no ſtrength with it. Note alſo that if you put in your curdes vnbroken, not taking away the whey that iſſueth in the breaking of thē, that ſo the cheeſes will yet bee ſo much the greater: but that is the more troubleſome way, becauſe the curds being tender will hardly endure the turning, vnleſſe you be verie careſull. I ſuppoſe that the Angelotes in Fraunce may bee made in this manner in ſmall baskets, and ſo likewiſe of the Parmeeſan; and if your whole cheeſe cōnſiſt of vn flatten milke, they will be full of butter and eate moſt daintily, being taken in their time, before they be too dry, for which purpoſe you may keepe them when they begin to growe dry, vpon greene ruſhes or nettles. I haue robbed my wifes Dairy of this ſecret, who hath hitherto refuſed all recompences that haue beene offered her

her by Gentlewomé for the ſame: & had I loued a cheeſe my ſelfe ſo well as I like the receipt, I thinke I ſhould not ſo eaſily haue imparted the ſame at this time. And yet I muſt needes confeſſe, that for the better gracing of the Title wherewith I haue fronted this pamphlet, I haue beene willing to publiſh this with ſome other ſecrets of worth, for the which I haue many times refuſed good ſtore both of Crownes and Angels: and therfore let no Gentlewoman think this booke too dear, at what price ſoeuer it ſhall be valued vpon the ſale thereof, neither can I eſteeme the worke to be of leſſe then twentie yeeres gathering.

23. *Coured creame.*

TAke your milke beeing newe milked; and preſently ſet it vpon the fire from morning vntil the

the euening, but let it not ſeethe: and this is called my Lady *Youngs* clowted creame.

24 *Fleſh kept ſweet in ſummer.*

YOu may keepe veale, mutton, or veniſon in the heat of ſummer 9. or ten dayes good, ſo as it be newly & faire killed, by hanging the ſame in an high and windie roome (And therefore a plate cupboard full of holes, ſo as the wind may haue a through paſſage would be placed in ſuch a roome, to auoide the offéce of fly-blowes) this is an approued ſecret, eaſie and cheap, and very neceſſary to be known and practiſed in hote & tainting weather. Veale may bee kept ten daies in bran.

25. *Muſtard meale.*

IT is vſuall in Venice to ſell the meale of Muſtarde in their markets

kets, as we do flower and meale in England: this meale by the addition of vinegar in two or three dayes becómeth exceeding good muſtard, but it would bee much ſtronger and finer, if the husks or huls were firſt diuided by ſearce or boulter, which may eaſily bee don, if you drie your ſeeds againſt the fire before you grind thé. The Dutch iron handmils, or an ordinarie pepper mill may ſerue for this purpoſe. I thought it verie neceſſarie to publiſh this manner of making of your ſauce, becauſe our muſtard which wee buy from the Chandlers at this daye is manie times made vp with vile and filthy vinegar, ſuch as our ſtomak would abhorre if we ſhould ſee it before the mixing therof with the ſeedes.

26. How to auoid ſmoke, in broyling of Bacon, Carbonado, &c.

MAke little dripping pans of paper,

paper; paſting vp the corners with ſtarch or paſte, wet them a little in water, but Pope *Pius Quintus* his Cooke will haue them touched ouer with a feather firſt dipped in oyle or molten butter, lay them on your gridiron, & place therein your ſlices of bacon, turning thé as you ſee cauſe. This is a cleanly way, and auoydeth all ſmoke. In the ſame manner you may alſo broile thin ſlices of Polonian ſawſedges, or great oyſters, for ſo were the Popes Oyſters dreſſed. You muſt be carefull that your fire vnder the gridiron flame not, leaſt you happen to burne your dripping pannes, and therefore all colebrands are here ſecluded.

27. *The true bottling of beere.*

WHen your Beere is tenne or twelue dayes old, whereby it is growne reaſonable cleare, then

then bottle it, making your corkes verie fitte for the bottles, and ſtop them cloſe, but drinke not of this beere till they beginne to worke againe and mantle, and then you ſhall finde the ſame moſt excellent and ſprightly drinke: and this is the reaſon why bottle ale is both ſo windie and muddy, thundring & ſmoaking vpon the opening of the bottle, becauſe it is commonly bottled the ſame day that it is laide into the Cellar, whereby his yeaſt being an exceeding windie ſubſtance, beeing alſo drawne with the Ale not yet fined, doth incorporate with the drinke, and maketh it alſo verie windie, and this is all the lime and gunpowder wherewith bottle Ale hath beene a long time ſo wrongfully charged.

28. *How to helpe your bottles when they are muſtie.*

SOme put them in an ouen when

the breade is newly drawen, cloſing vp the oven, and ſo let them reſt till morning. Others content themſelues with ſcaulding them in hotte liquor onely till they bee ſweete.

19. How to breake whites of Egs ſpeedily.

A Figge or two ſhred in peeces, and then beaten amongſt the whites of egges will bringe them into an oyle ſpeedily: ſome breake them with a ſtubbed rod, & ſome by wringing them often through a ſpoonge.

30. How to keepe flies from oyle peeces.

A Line limed ouer and ſtrained about the creſt of oyle peeces or pictures, will catch the Flyes, that woulde otherwiſe deface the Pictures. But this Italian conceipt both for the rareneſſe and vſe

vſe thereof doth pleaſe me aboue all other: viz, Pricke a Cowcumber full of barley cornes with the ſmall ſpiring ends outward, make little holes in the Cowcumber firſt with a wodden or bone bodkin, and after put in the graine, theſe being thicke placed will in time couer all the Cowcumber, ſo as no man can diſcerne what ſtrange plant the ſame ſhould bee. Such Cowcumbers are to bee hung vp in the middeſt of Summer roomes to drawe all the flies vnto thē, which otherwiſe would flie vpon the Pictures or hangings

31. *To keepe Lobſters, Crafiſhes, &c. ſweet and good for ſome fewe dayes.*

THeſe kinds of fiſh are noted to be of no durabilitie or laſting in warme weather, yet to prolong their dayes a little, though I feare I ſhall raiſe the price of

them by this diſcouerie amongſt the fiſhmongers(who onely in reſpect of their ſpeedie decay doe now and then afford a peniworth in them) if you wrappe them in ſweete and courſe rags firſt moiſtened in brine, and then burie theſe cloathes in Callis ſand; that is alſo kept in ſome coole and moiſt place, I know by mine owne experience that you ſhall finde your labour well beſtowed, and the rather if you lay thē in ſeuerall clothes, ſo as one doe not touch the other.

32. *Diuers excellent kinds of bottle Ale.*

I Cannot remember that euer I did drinke the like ſage ale at any time, as that which is made by mingling two or three droppes of the extracted oyle of ſage with a quart of Ale, the ſame beeing well brued out of one pot into another,

ther: and this way a whole Stand of ſage ale is very ſpeedily made. The like is to bee done with the oyle of Mace or Nutmegs. But if you will make a right goſsips cup that ſhall farre exceed all the Ale that euer mother *Bunch* made in her life time, then in the bottling vp of your beſt Ale, tunne halfe a pinte of white Ipocras that is newly made, and after the beſt receipt, with a pottle of Ale, ſtoppe your bottle cloſe, and drinke it when it is ſtale: Some commend the hanging of roaſted Orenges prickt full of Cloues in the veſſell of Ale till you find the taſte thereof ſufficiētly graced to your own liking.

33. How to make wormewood wine verie ſpeedily and in great quantity.

TAke ſmall Rochell or Coniake wine, put a few droopes of the

extracted oile of wormwood therin, brewe it togither (as before is ſet down in bottle ale) out of one pot into an other, and you ſhall haue a more neate and wholeſom wine for your body, thē that which is ſolde at the Stillyard for right wormwood wine.

34. *Roſewater and Roſevinegar of the colour of the Roſe, and of the Cowſlep, and violet vinegar.*

IF you woulde make your Roſewater and Roſe vinegar of a Rubie color, then make choiſe of the crimſon veluet coloured leaues, clipping away the whites with a paire of ſheeres, & being through dryed, put a good large handful of them into a pinte of Damaske or red roſewater, ſtop your glaſſe wel & ſet it in the ſun, til you ſee that the leaues haue loſt their colour. Or for more expedition you may performe this worke in balneo in a

a few houres, and when you take out the olde leaues, you may put in freſh till you finde the color to pleaſe you. Keep this Roſewater in glaſſes very well ſtopt, the fuller the better. What I haue ſaid of Roſewater, the ſame may alſo be intended of Roſe vinegar, violet, marigolde, and cowſlep vinegar, but the whiter vinegar you chuſe for this purpoſe, the colour thereof will be the brighter, and therefore diſtilled Vinegar is beſt for this purpoſe, ſo as the ſame bee warily diſtilled with a true diuiſion of parts, according to the maner expreſſed in this booke in the diſtillation of vinegar.

35. To *keepe the iuice of Oranges and Lemmons all the yeare for ſauce, Iuleps and other purpoſes.*

EXpreſſe their iuyce, and paſſe it through an Ipocraſſe bagge to clarifie it from his impurities,

then fill your glaſſe almoſt to the top, couer it cloſely, and let it ſtand ſo till it haue done boyling; then fill vp your glaſſe with good ſallet oyle, and ſet it in a coole cloſet or butterie where no Sun commeth; the apteſt glaſſes for this purpoſe are ſtraight vpright ones, like to our long beere glaſſes, which would bee made with little round holes within two inches of the bottome to receiue apt fawcets, & ſo the grounds or lees would ſettle to the bottome, and the oyle would ſinke downe with the iuice ſo cloſely that all putrefaction would be auoyded: or in ſteede of holes if there were glaſſe pipes it were the better & readyer way, becauſe you ſhall hardly faſten a fawcet well in the hole. You may alſo in this manner preſerue many iuyces of hearbes and flowers.

And becauſe that profite and skill vnited do grace each other, if

if (curteous Ladies) you will lend eares and followe my direction; I will heere furniſh a great number of you (I woulde I coulde furniſh you all) with the iuice of the beſt ciuill Orenges at an eaſie price, About Alhallontide or ſoone after you may buy the inward pulpe of ciuill Orēges wherin the iuice reſteth, of the comfetmakers for a ſmall matter, who doe onely or principally reſpect their rindes to preſerue and make Orengeadoes withall, this iuice you may prepaire and reſerue as before.

36. Howe to puriſie and giue an excellent ſmell and taſte vnto ſallet oyle.

PVt ſallet Oyle in a Veſſell of wood or earth, hauing a hole in the bottom, to euery 4 quartes of water adde one quarte of oyle, and with a woodden ſpoone or ſpattle

ſpattle beate them well togither for a quarter of an houre, then let out the water, preuenting the oyle from iſſuing by ſtopping of the hole, repeate this worke two or three times, and at the laſt you ſhall finde your oile wel clenſed or clarified. In this maner you may alſo clarifie capons greaſe, being firſt melted, and workinge with warm vvater. All this is borrowed of *M. Bartholomæus Scapius* the Maiſter Cook of Pope *Pius Quintus* his priuie kitchen. I thinke if the laſt agitation were made in Roſewater, wherin alſo cloues or Nutmegs had been macerated, that ſo the oyle woulde bee yet more pleaſing.

Or if you ſet a Iar glaſſe in balneo full of ſweete oyle with ſome ſtore of bruiſed cloues, and rinds of ciuil Oranges or Lemmons alſo therein, and ſo continue your fire for tvvo or three houres, and then letting the Cloues & rindes remain

remain in the oile til both the ſent & taſte do pleaſe you: I think many men which at this day do loath oile (as I my ſelfe did not long ſince) woulde be eaſily drawen to a ſufficient liking thereof.

37. *How to clarifie without any diſtillation both white and claret wine vinegar for gellies or ſauces.*

TO euerie ſixe pintes of good wine vinegar, put the whites of two new laid Egges wel beaté, then put all into a newe leaden pipkin, & cauſe the ſame to boyle a little ouer a gentle fire, then let it run through a courſe gelly bag twiſe or thriſe, and it will be very clear, and keep good one whole yeare.

38. *To make a moſt delicate white ſalte for the table.*

FIrſt calcine or burn your white ſalte,

ſalt, thē diſſolue it in cleare conduit water, let the water ſtād without ſtirring, fortie eight houres, then carefully drawe away all the cleare water only, filter it, & after euaporate the filtred liquor, reſeruing the ſalt. Some leaue out calcination.

39. A *delicate* Candle for a Ladies Table.

CAuſe your Dutch Candles to be dipped in Virgin wax, ſo as their laſt coate may be meerly waxe, and by this meanes, you may carrie them in your hande without melting, and the ſent of the tallow will not break through to giue offence, but if you would haue them to reſemble yellovve waxe candles, then firſt let the tallow be colored with Turmericke boyled therein, and ſtrayned, and after your Candles haue beene dipped therein to a ſufficient great-

greatneſſe, let them take their laſt coate from yellow waxe, this may be done in a great round Cane of tinne plate, hauing a bottome, & being ſomewhat deeper then the length of your candles: & as the wax ſpendeth, you may ſtill ſupply it with more.

40. *How to hang your candles in the aire without candleſticke.*

THis will make a ſtrange ſhewe to the beholders that knowe not the conceite, it is done in this manner: Let a fine Virginall wier be conueied, in the midſt of euerie weeke and left of ſome length aboue the Candle to faſten the ſame to the poſtes in the roofe of your houſe, and if the roome be any thing high roofed, it will be hardly diſcerned, and the flame though it conſume the tallow, yet it will not melt the wier.

41. *Roſe Vinegar made in a new manner.*

MAcerate or ſteepe Roſe-leaues in faire water, let them lye therein, til they wax ſoure in ſmell, and then diſtill the water.

Sweete

SWEETE POWders, oyntments, *beauties, &c.*

1. *An excellent damaſk powder*

TAke of yreos halfe a pounde, Roſe leaues 4. ounces, cloues one ounce, lignum Rhodium two ounces, Storax one ounce and a halfe, muske and ciuet of each 10 grains, beat and incorporate thē well together.

2. *An excellent handwater or waſhing water very cheape.*

TAke a gallon of faire water, one handful of Lauēder flowers, a few cloues, and ſome orace powder,

powder, and foure ounces of Beiamin; diſtill the water in an ordinarie leaden ſtill: You may diſtill a ſecond water by a newe infuſion of water vpon the feces, a little of this will ſweeten a baſon of faire water for your table.

3. A *ball to take out ſtaines from linnen.*

TAke foure ounces of white hard Soape, beate it in a mortar with two ſmall Lemmons ſliced, and as much roche allome as an haſell Nut, roll it vp in a ball, rub the ſtaine therewith, and after fetch it out with warme water if neede be.

4. A *ſweete and delicate Pomander.*

TAke two ounces of Labdanũ, of Beniamin and Storax one ounce, muske ſixe graines, ciuet ſixe

sixe graines, Amber greece sixe graines, of Calamus Aromaticus and Lignum Aloes, of each the waight of a groat, beat all these in a hote mortar, and with an hote pestell till they come to paste, thē wet your hand with rose water, & roll vp the paste sodainly.

5. *To take staines out of ones hands presently.*

THis is done with the iuyce of Sorrell, washing the stained place therein.

6. *To take away spots and freckles frō the face or hands.*

THe sappe that issueth out of a Birch tree in great aboundance, being opened in March or Aprill, with a receiuer of glasse set vnder the boring thereof to receiue the same, doth perform the same

ſame moſt excellently & maketh the skin very cleare. This ſap will diſſolue pearl, a ſecret not known vnto many.

7. A *white fucus or beauty for the face.*

THe iawe bones of a Hogge or Sow well burnt, beaten, and ſearced through a fine ſearce, and after grounde vpon a porphire or ſerpentine ſtone is an excellent fucus, being laid on with the oyle of white poppey.

8. A *delicate waſhing ball.*

TAke three ounces of Orace, halfe an ounce of Cypres, two ounces of Calamus Aromaticus, one ounce of Roſe leaues, two ounces of lauender flowers, beat all theſe together in a mortar, ſearcing them through a fine ſearce, then

then ſcrape ſome caſtill ſope, and diſſolue it with ſome Roſewater, then incorporat all your powders therewith by labouring of them well in a mortar.

9. *Damaske powder.*

TAke fiue ounces of orace, two ounces of Cipres, two ounces of Calamus; halfe an ounce of Cloues, one ounce of Beniamin, one ounce of Roſe leaues, one ounce of Storax calamitum, halfe an ounce of Spike flowers, mixe them well together.

10. *To keepe the teeth both white and ſound.*

TAke a quart of hony, as much Vinegar, and halfe ſo much white wine, boyle them together and waſh your teeth therwith now and then.

11. To delay heat, and cleare the face.

TAke three pintes of conduit water, boyle therein two ounces of French barly, change your water, and put in the barly again: repeate this so long, till your water purchase no colour from the Barley, but become verie cleare: boyle the last three pintes to a quart, then mixe halfe a pinte of white wine therein, and when it is cold, wring the iuyce of two or three good Lemmons therein, & vse the same for the Morphewe, heate of the face or hands, and to cleere the skinne.

12. Skinne kept white and cleare.

WAsh the face and body of a sucking child with breast milke, or Cowe milke, or mixed with

with water, euerie night, and the childes skinne will wax faire and cleare, and reſiſt ſunburning.

13. An excellent Pomasum to clear the skinne.

WAſh Barrowes greaſe often times in *May* dewe that hath bin clarified in the ſun, till it bee exceeding white, then take Marſhmallow rootes ſcraping off the outſides, then make thin ſlices of them and mixe them, ſet them to macerate in a ſeething balneo, and ſcumme it well till it bee throughly clarified and will come to roap, then ſtraine it, and put now and then a ſpoonefull of May-dewe therein, beating it till it be through cold in often chãge of May-dew, then throw away that dewe, and put it in a glaſſe couering it with May-dewe, and ſo reſerue it to your vſe. Let the mal-

low

lowe rootes be two or three daies dryed in the ſhade before you vſe them. This I had of a great profeſſour of Arte, and for a rare and dainty ſecret, as the beſt focus this day in vſe.

14. *Another mineral focus, or the face.*

INcorporate vvith a woodden peſtle and in a woodden mortar with great labour foure ounces of ſublimate, and one ounce of crude Mercury at the leaſt ſixe or eight houres (you cannot beſtowe too much labor herein) then with often change of colde water by ablution in a glaſſe, take awaie the ſalts from the ſublimate, change your water twiſe euery day at the leaſt, and in ſeauen or eight daies (the more the better) it will bee dulcified, and then it is prepared. Lay it on with the oyle of white poppey.

15. *To take away chilblanes out of the hands or feete.*

BOyle halfe a pecke of Oates in a quart of water, till they waxe drie, then hauing first annointed your handes with some good Pomatum & well chafed them, hold them within the oates as hotte as you may well suffer them, couering the bowle wherein you put your handes with a double cloth to keep in the steame of the oats. Do this three or foure times, and you shal finde the effect. The same Oates will serue to bee sodden with freshe water three or foure times.

16. *To helpe a face that is red or pimpled.*

DIssolue common salte in the iuice of Lemmons, and with a linnen

linnen cloth, pat the patients face that is full of heate or pimples. It cureth in a few dreſſings.

17. A liter.

TAke of thoſe little whelkes or ſhels which ſome do call giny money, waſh fiue or ſixe of thé, & beate them to fine powder, and infuſe the iuyce of Lemmons vpon them, & it will preſently boyl: but if it offer to boyle out of your glaſſe, then ſtop the mouth therof with your finger, or blow into it. This will in a ſhort time bee like an ointment, with which you muſt anoint the heate or pimples of the face often times in a daye till you find helpe. As the ointmét dryeth put more iuyce of Lemmons to it This of an outlandiſh Gentlewoman, and it is an aſſured remedy if the heate bee not very extreme. Some haue found by experience

perience, that bathing of the face with hote vinegar euery night when they go to bed doth mightily repell the humour.

18. *Aliter.*

QVilt baye ſalte well dryed and powdered, in double linnen ſockes of a prettie bigneſſe, let the patient weare them in wide hoſe and ſhooes day and night, by the ſpace of fourteene dayes, or till he be well: euery morning and euening let him drie his ſockes by the fire and put them on againe. This helped M. *Foſter* an Eſſex mā and an Atturney of the Common pleas within theſe few yeares, but now deceaſed, whoſe face was for many yeares together of an exceedinge highe and firye colour, of my owne knowledge, and had ſpent much money in Phyſicke without anie ſucceſſe at all, vntill

he obtained his remedie. The patient muſt not take any wet of his feete during the cure.

19. *Aliter & optime.*

TAke halfe a pound of white diſtilled vinegar, two newe laid Egges with their ſhelles, two ſpoonfuls of the flowers of brimſtone, let theſe macerate in the vinegar by the ſpace of three dayes: then take out the Egges, and pricke them ful of holes with a needle, but not too deepe, leaſt any of the yolke ſhoulde happen alſo to iſſue, let that liquor alſo mixe with the vinegar, then ſtraine all through a fine cloath, and tye vp the brimſtone in the cloth like a little ball, dippe this ball in the ſtrained liquor, when you vſe it, and pat it on the place three or foure times euerie daye, and

and this will cure any red face in twelue or fourteene dayes. Some do alſo commende the ſame for an approued remedie againſt the morphew; the brimſtone bal muſt be kept in ſome cloſe thing from the ayre.

20. *How to take away any pimple from the face.*

BRimſtone ground with the oyl of Turpentine, and applied to any pimple one houre, maketh the fleſh to riſe ſpungeous, which being annointed with the thicke oyle of butter that ariſeth in the morning from new milke ſodden a little ouer night, will heale and ſcale away in a fewe daies, leauing a faire skinne behinde. This is a good skinning ſalue.

21. *To helpe any Morphew, sunburning, itch, or red face.*

STeepe two sliced Lemmons being large and faire in a pinte of Conduit water, leaue them foure or fiue daies in infusion couering the water, then straine the water, and dissolue therein the quantitie of a hasell nut of sublimate (some hold a dramme a good proportion to a pinte of water) finely powdered: let the patient wet a cloth therein, and rub the place where the griefe is euery morninge and euening a little, till the hew doe please her: you may make the same stronger or weaker according to good discretion.

22. *For the Morphew.*

TAke a pinte of distilled vinegar, laie therein two newe laid egges

egges whole with their ſhelles, three yellowe Docke rootes picked and ſliced, two ſpoonefulls of the flowers of brimſtone, and ſo let all reſt three daies, and then vſe this liquour with a cloth, rubbing the place three or 4. times euerie daye, and in three or foure dayes it commonly helpeth: put ſome bran in your cloth before you moiſten your cloth therein, binding it vp in forme of a little ball. This of Maiſter *Rich* of Lee, who helped himſelfe and a gallant Ladie therewith in a few dayes.

23. To *take away the freckles in the face.*

WAſh your face in the wane of the moon with a ſpunge, morninge and euening with the diſtilled water of elder leaues, lettinge the ſame drie into the skinne. Your water muſt bee di-

ſtilled in *Maie*. This is of a Trauailer, who hath cured himſelfe thereby.

24. *To cure any extreame bruiſe vpon a ſire fall, on the face, or any other mẽber of the body.*

PResently after the fall make a greate fire, and applie hote cloathes one after another without intermiſsion, the patient ſtãding neere the fire for one houre and a halfe, or till the ſwelling be cleane abated. This I knewe proued with good ſucceſſe in a maid that fell downe a paire of ſtaires, whereby all her face was extremely disfigured. Some holde opinion that the ſame may bee performed with clothes wet in hote water and wroonge out againe before application. Then to take away the chaungeable colours, which doe accuſtomablie followe all bruiſes, ſhred the roote of a greene

greene or growing flower deluce, beate it with red roſe water, and grinde it till it come to a ſalue, apply the ſame, & in a fewe houres it taketh away all the colours: but if it lie too long it will rayſe pimples, and therefore ſo ſoone as the colours be vaniſhed, immediately remooue the ſalue.

25. *How to keepe the teeth cleane.*

CAlcine the tops and branches of Roſemarie into aſhes, and to one part thereof, put one part of burnt allome, mixe them well together, and with thy finger firſt moiſtened a little with thy ſpettle, rubbe all thy teeth ouer a prettie while euerie morning till they be cleane, but not to galling of thy gums, then ſup vp ſome fair water or white wine, gargling the ſame vp & down thy mouth a while, & the drie

drie thy mouth with a towel. This of an honeſt Gentleman and a painefull gatherer of phyſicall receits.

26. *Sweet and delicate dentifrices or Rubbers for the teeth.*

DIſſolue in foure ounces of warme water, three or foure drammes of gumme Dragagant, and in one night this will become a thicke ſubſtance like gellie, mingle the ſame with the powder of Alablaſter finely grounde and ſearced, then make vp this ſubſtance into little round rolles, of the bigneſſe of a childes arrowe, & foure or fiue inches in length. Alſo if you temper Roſet or ſome other colour (that is not hurtful) with them, they will ſhew ful of pleaſing veines. Theſe you may ſweeten either with Roſewater, Ciuet, or muske. But if your teeth bee

be verie ſcaly, let ſome exper barbar firſt take off the ſcales with his inſtrument, and then you may keepe them cleane by rubbing them with the aforeſaide rolles. And heere, by thoſe miſerable experiences that I haue ſeene in ſome of my neereſt friendes, I am inforced to admoniſh all Gentlewomen to be carefull howe they ſuffer their teeth to bee cleanſed and made white with anie *Aqua fortis*, which is the Barbars vſuall water: for vnleſſe the ſame be both well delayed, and carefullie applied, ſhee may happen within a fewe dreſsings to be forced to borrow a ranke of teeth to eate her dinner, vnleſſe her gums do helpe her the better.

27. A *delicate ſtoue to ſweat in.*

I Know that many Gentlewomen as well for the clearing o their

skins as cleanſing of their bodies, do now and then delight to ſweat. For the which purpoſe I haue ſet downe this manner following, as the beſt that euer I obſerued. Put into a braſſe pot of ſome good content, ſuch proportion of ſweet hearbes, and of ſuch kind as ſhall bee moſt appropriate for your infirmitie, with ſome reaſonable quantitie of water, cloſe the ſame with an apt couer, and well luted with ſome paſte made of flower and whites of Egges: at ſome parte of the couer you muſt let in a leaden pipe (the entraunce whereof muſt alſo bee well luted) this pipe muſt bee conueyed thorough the ſide of the Chimney, where the pot ſtandeth in a thicke hollow ſtake, of a bathing tubb croſſed with hoopes according to the vſual manner in the top, which you may couer with a ſheete at your pleaſure. Nowe the ſteame of the pot paſsing thorough the

pipe

pipe vnder the falſe bottome of the bathing tub, which muſt bee boared full of bigge holes, will breath ſo ſweete and warme a vapour vpon your bodie, as that (receiuing aire by holding your head without the tub as you ſit therin) you ſhall ſweat moſt temperately, and continue the ſame a longe time without fainting. And this is performed with a ſmall charcoale fire maintained vnder the pot for this purpoſe. Note that the room would be cloſe wherein you place your bathing tub, leaſt any ſodain cold ſhould happen to offend you whileſt your bodie is made open and porous to the aire.

28. *Diuers ſorts of ſweet or hand waters made ſodainly or extempore, with the extracted oyles of ſpices.*

FIrſt you ſhall vnderſtande that whenſoeuer you ſhall drawe any

any of the aforesaid oyles of Cinamon, Cloues, Mace, Nutmegs or such like, that you shall haue also a pottle, or a gallon more or lesse, according to the quantity which you drawe at once, of excellent sweete washing water for your table, yea some do keepe the same for their broths, wherein otherwise they should vse some of the same kind of spice. But if you take three or foure drops onely of the oyle of Cloues, Mace, or Nutmegs (for Cinamon oyle is too costly to spend this way) and mingle the same with a pinte of faire water, making agitation of them a prettie while together in a glasse hauing a narrowe mouth, till they haue in some measure incorporated themselues toget'er, you shall find a verie pleasing and delightfull water to wash with, and so you may alwayes furnish your selfe of sweete water of seuerall kindes, before such time as your guests shal bee

bee readie to ſit downe. I ſpeak not here of the oile of ſpike, which will extend verie farre this waye, both becauſe eueriegentlewoman doth not like ſo ſtronge a ſent, and for that the ſame is elſwhere alreadie commended by another Author. Yet I muſt needes acknoweledge it to be the cheaper way, for that I aſſure my ſelfe there may be fiue or ſix gallons of ſweete water made with one ounce of the oile, which you may buy ordinarily for a groate at the moſt.

29. *An excellent ſweet water for a caſting bottle.*

TAke three drams of oile of Spike, one dramme of oyle of Thyme, one dram of oyle of Lemmons, one dram of oile of cloues, then take one graine of Ciuet, and three graines of the aforeſaid compoſition well wrought together,

ther. Temper them well in a ſiluer ſpoone with your finger, then put the ſame into a ſiluer boll, waſhing it out by little and little into the boll with a little Roſewater at once, til all the oyle be waſhed out of the ſpoone into the boule, and then doe the like by waſhing the ſame out of the boule with a little Roſewater at once, till all the ſent be gotten out, putting the Roſewater ſtill in a glaſſe, when you haue tempered the ſame in the boule ſufficiently. A pinte of Roſewater will bee ſufficient to mingle with the ſaid proportion: and if you finde the ſame not ſtronge enough of the ciuet, then you may to euery pinte put one graine and a halfe, or two graines of ciuet to the weight of three graines of the aforeſaide compoſition of oyles.

30. *To colour a blacke haire preſently into a Cheſnut colour.*

This

THis is done with oyle of Vitriol, but you muſt doe it verie carefully not touching the skin.

31. A *preſent and delicate perfume.*

LAy two or three droppes of liquid Amber vpon a glowing coale, or a peece of lignum aloes, lignum Rhodium, or ſtorax.

32. *To renew the ſent of a Pomander.*

TAke one graine of ciuet, and two of muske, or if you double the proportion it will bee ſo much the ſweeter, grind them vpon a ſtone with a little Roſewater, and after wetting your hands with Roſewater, you may worke the ſame in your Pomander. This is a ſleight to paſſe away an olde Pomander, but my intention is honeſt.

33. How to gather and clarifie May-dewe.

VVHen there hath fallen no rain the night before, thē with a cleane and large ſponge, the next morning you may gather the ſame frō ſweet hearbs, graſſe, or corne: ſtraine your dewe, and expoſe it to the ſunne in glaſſes couered with papers or parchment prickt full of holes, ſtrain it often, continuing it in the ſun, and in an hote place till the ſame growe white and cleere, which wil require the beſt parte of the ſummer. Some commend Maydewe gathered from Fennell and Celandine, to be moſt excellent for ſore eyes, & ſome commend the ſame (prepared as before) aboue Roſewater for preſeruing of fruits flowers, &c.

34. *Diuers excellent ſentes for gloues, with their proportions and other circumſtances, with the manner of perfuming.*

THe Violet, the Orenge, the Lemmon duely proportioned with other ſentes, performe this well, ſo likewiſe of Labdanum, Storax, Beniamin. &c.

The manner is this. Firſt lay your vmber vpon a few coales till it begin to cracke like lime, then let it coole of it ſelfe, taking away the coales, then grinde the ſame with ſome yellowe ocre, till you perceiue a right color for a gloue: with this mixture waſh ouer your gloue with a little haire-bruſh vpon a ſmooth ſtone in euerie ſeame and all ouer, then hang your gloues to drie vppon a line, then with gum Dragagant diſſolued in ſome Roſewater, & ground with a little oyle de Ben, or of ſweete

ſweet Almonds vpō a ſtone, ſtrike ouer your gloues in euerie place with the gum and oyle ſo ground together, doe this with a little ſpoonge, but bee ſure the gloues be firſt throughly dry, and the colour well rubbed and beaten out of the gloue; then let them hange againe till they be drie, which will be in a ſhort time. Then if you will haue your gloue to lie ſmooth and faire in ſhewe, goe ouer it againe with your ſpoonge, and the mixture of gunime and oyle, and drie the gloue yet once againe. Then grinde vppon your ſtone two or three graines of good muſke, with halfe a ſpoonefull of Roſewater, and with a verie little peece of a ſpoonge take vp the compoſition by a little and little, and ſo lay it vpon your gloue lying vppon the ſtone. Picke and ſtraine your gum Dragagant before you vſe it. Perfume but the one ſide of your gloue at once, and then hang it vp

to

to drie, and then finish the other side. Tenne graines of muske wil giue a sufficient perfume to eight paire of gloues. Note also that this perfume is done vpon a thin Lambes leather gloue, and if you worke vpon a kids skin or goates skin, which is vsuall leather for rich perfumes, thé you must adde more quantitie of the oyle of Ben to your gumme, and go ouer the gloue twise therewith.

35. *Sweet bags to lie among linnen.*

FIll your bags only with lignum Rhodium finely beaten, and it will giue an excellent sent to your linnen.

36. *To make haire of a faire yellowe or golden colour.*

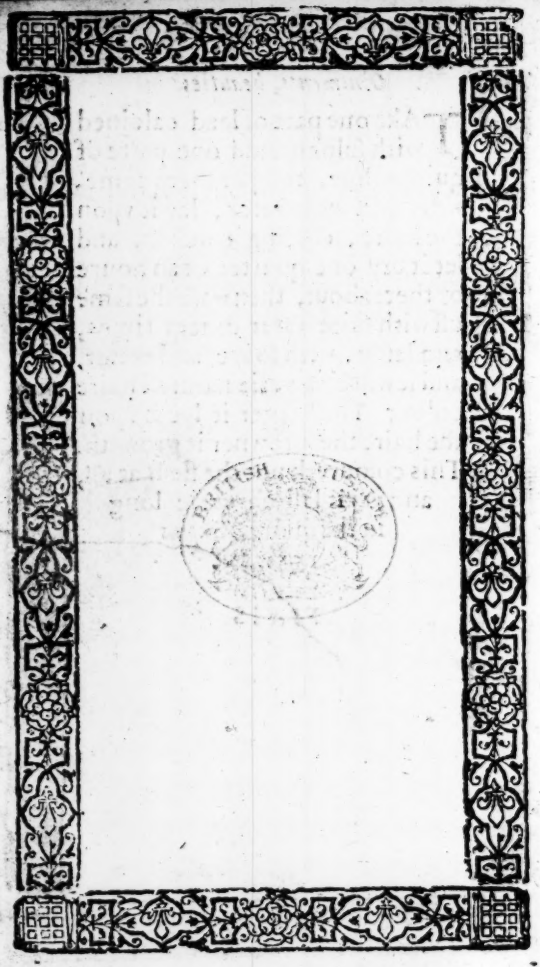
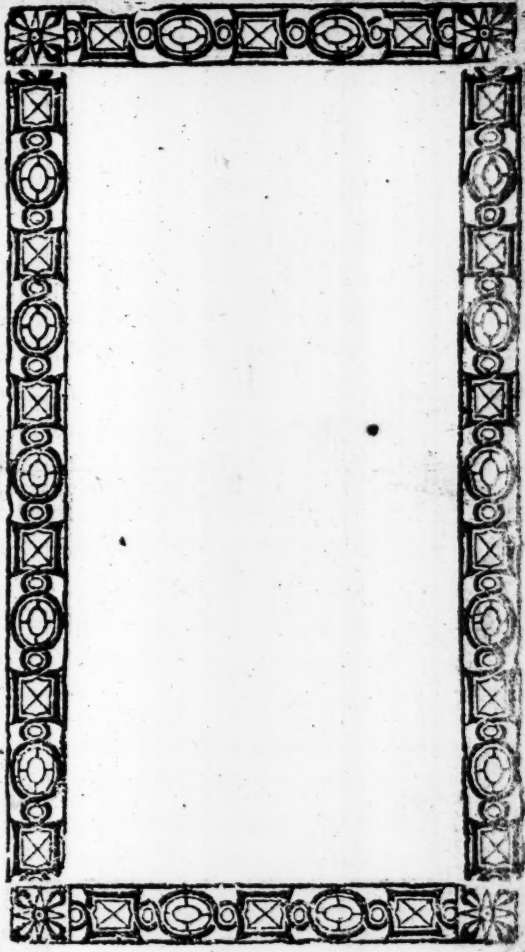
THe last water that is drawne from honey being of a deepe red colour performeth the same excel-

excellently, but the ſame hath a ſtrong ſmell, and therefore muſt be ſweetned with ſome aromatical bodie.

Or elſe the haire beeing firſt cleane waſhed and then moiſtned a prettie while by a good fire in warme allum water with a ſpunge, you may moiſten the ſame in a decoctiõ of Turmericke, rubarb, or the barke of the Barberie tree, and ſo it will receiue a moſt faire and beautifull colour. The Dogs berrie is alſo an excellent berrie to make a golden liquor withall for this purpoſe, beate your allum to powder, and when the water is ready to ſeeth, diſſolue it therein: foure ounces to a pottle of water will be ſufficient, let it boyle a while, ſtraine it, and this is your allom licour wherewith you muſt firſt prepare the haire.

37. *How to colour the head or beard into a Chẽſaut colour in halfe an houre.*

Take

TAke one part of lead calcined with ſulphur, and one parte of quicke lime, temper them ſomewhat thin with water, lay it vpon the haire, chafing it well in, and let it dry one quarter of an houre or thereabout, then waſh the ſame off with faire water diuers times, and laſtly, with ſoape and water, and it will be a verie naturall haire colour. The longer it lyeth vpon the haire the browner it groweth. This coloureth not the fleſh at all, and yet it laſteth verie long in the haire. *Sæpius experiur.*

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